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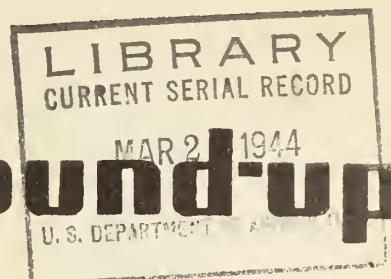


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Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, Calif.
January 1, 1944

JANUARY POINT VALUES.....Welcome point changes on frozen foods...canned green beans down to zero and canned tomatoes lowered. Meat point values about the same as last month.

DIVISION OF NATIONAL BEAN BAG.....Everybody's hands in the bean bag but civilians will get nine pounds per person, plenty for home-baked beans, once a week if desired.

DRIED AMERICAN EGGS.....With fresh eggs aplenty, we Americans can be grateful for the high egg production which also supplies dried eggs for our British ally.

PRESSURE CANNERS UNRATIONED.....Wise homemakers will look around for their pressure canners now, to be all set for the '44 home canning season... especially since the supply is limited.

CURRENT FOOD HIGHLIGHTS.....The hold placed on all cold storage chickens may have brought questions from your listeners, but tell them not to worry. Current reports of fresh food supplies on the West Coast show ample supplies and variety for interesting menus. This week's Food Suggestions contain hints on the use of frozen foods, also a menu section featuring available fresh foods.

CIVILIANS GET 2/3 OF '44 MEAT SUPPLY

U. S. civilians have been allocated about two-thirds of the '44 total meat supply...approximately what they had in '43. The per capita average of 132 pounds on a dressed meat basis is an increase over pre-war average per capita consumption (1935-39) of 126 pounds. Present tentative allocations allow U. S. military and war services about 17% of total allocable supply, about 56% to be beef, 4% veal, 4% lamb and mutton, 36% pork. Most meat for our Allies will be pork. A contingency reserve of one billion pounds has been established to serve as a margin, and to take care of needs which may arise due to rapidly shifting war conditions, and possible shifts in supply.

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS IN THE WEST

CHICKENS.....The "government hold" on cold storage chickens is probably causing many a homemaker some needless worry -- especially if chicken has been her main "meat point" stretcher. Explain that freeze order applies only to birds in cold storage as of 12:01 a. m. December 30 EWT, also that many retailers deal mainly in fresh-killed birds..also that turkeys, ducks, and geese aren't affected -- only chickens and fowls (hens). Other facts about civilian supplies are set forth on page 8 of this issue.

AVOCADOS.....Imagine this former luxury food on a list of "best buys". That's where it is, in the wartime food bulletins issued by Federal State Market News men at both Portland and San Francisco. This is the kind of food news homemakers like. You might suggest avocado as a breakfast starter. For example, combine chunks of avocado with sliced oranges...then pour orange juice on this combination. Or do likewise with grapefruit segments and grapefruit juice.

As for food value, here's the pedigree of the avocado. --- some Vitamin A, B1, C, plus such minerals as iron, phosphorus, calcium, plus fats --- a good source of calories, and also known as a "vegetable protein". These are reasons enough for more frequent use of avocados during the peak of the season. Incidentally, we've heard of cooked dishes in which avocados are combined with, or served as garnishes for, poultry meat or vegetables and noodles -- for instance, creamed turkey and noodles with mild cheese sauce, garnished with avocado slices; in casserole. Broadcasters might delve into recipe files for interesting dishes, cooked and uncooked, using this current "best buy".

WINTER VEGETABLES..Fairly plentiful supplies all along the West Coast, mean that homemakers in these areas can still rely heavily on fresh produce --- thus stretching both ration points and their supply of home-canned foods.

NEW FEATURE of RADIO ROUND-UP is a menu section, giving two simple menus, based on low ration point spending, and available foods, which may be of interest to war-working homemakers. We'll include more of the same as part of "Food Suggestions" in future issues.

RATIONING DATES

Green Stamps (Book 4)

For processed fruits and vegetables: Stamps D, E and F, valid through Jan. 20. G, H and J valid on Jan. 1; expire Feb. 20.

Brown Stamps (Book 3)

Meat, butter, fish, cheese, edible fats and oils, canned milk: Stamp R valid through Jan. 29. S becomes valid Jan. 2, expires Jan. 29; T becomes valid Jan. 9, expires Jan. 29; U becomes valid Jan. 16, expires Jan. 29.

Sugar (Book 4)

Stamp No. 29 is valid through Jan. 15.

POINT VALUES FOR JANUARY

Point values for brown stamp foods (meats, fats, cheese) during the month of December were neither too high nor too low. A glance at the new table of point values reveals that there are very few changes for the month of January. Butter stays at the same value of 16 points a pound...and cheese remains unchanged. Beef, veal, and lamb cuts continue the same...except for a few miscellaneous items. Sliced dried beef has been cut two points a pound, bringing its value down to 12 points. Ready-to-eat sliced beef tongue is reduced two points to six points a pound, and unsliced beef tongue is down one point.

Homemakers can plan on the same low point values for pork that were set in mid-December. However, the one point difference in the value of fresh and smoked hams has been eliminated...fresh hams have been raised one point.

Up and Down They Go: There are several pleasant surprises for homemakers in the new table of point values for green stamp foods. The best news is that all frozen vegetables, with the exception of corn, lima beans, and peas, have been reduced to a point value of zero. These frozen foods have been reduced in order to give more space in freezers to the large amounts of pork now coming into market. The reduced list includes frozen broccoli, spinach, brussels sprouts, cauliflower, snap beans, carrots, and other vegetables. Apples, applesauce, and rhubarb are the frozen fruits which have been given a zero point value. In addition, all frozen fruit juices have been cut to zero. Frozen blueberries and huckleberries have gone down from 12 to 6 points a pound.

Due to these sharp reductions in point values, you may want to promote frozen foods in some of your broadcasts. Some homemakers may be using these foods for the first time. These homemakers and even those already using them, can probably use some information on the proper cooking methods. For instance, everyone should know that the best way is to start the vegetables cooking while they're still frozen. And there are other hints too on the proper storage of frozen foods which you'll want to include in your copy.

Canned Green or Wax Beans Have Also Been Reduced to a Point Value of Zero: Canned peas have been reduced some but still cost 15 points for the number 2 cans. Many homemakers will be glad to know that canned tomatoes, which have been demanding high point values, have been cut to 15 points for the number 2½ size. With the reduction of these canned vegetables, homemakers will be able to use more than before to supplement available fresh vegetables and give variety to winter meals. You might want to tie in a conservation note when promoting them. The juices in canned vegetables are full of vitamins and minerals, and they should not be poured down the sink. These juices come in handy in making soups, sauces, stews, and other dishes.

There are only two items on the processed food list that have been increased in point value. Tomato paste has been increased 2 points for the popular size. Jams, preserves and non-citrus marmalades have been increased from 6 to 8 points for the size from 12 ounces to 1 pound.

OUR NATIONAL BEAN BAG IS BIG

There are so many demands for American food that careful studies have to be made in order to determine where it is needed the most. After the representatives from each claimant group state their needs to the Food Requirements and Allocations committee, a certain amount of food is allotted to each group. Dried peas and beans are among the most recent foods which have been allocated for 1944. According to the Food Distribution Administration, the crop of beans is estimated at about 23 million bags (100 pounds each) and almost 7 million bags of peas. These crops have to be divided among the civilians, the U. S. military and war services, our allies, and liberated areas.

Civilian's Share: Civilians should fare well on dried peas and beans this year. They will receive half of the total supply of dried beans, and 29 percent of the dried peas. The individual civilian will have available almost 9 pounds of beans and over 1 and 1/2 pounds of dried peas during the coming year. This is slightly more beans, and about the same amount of peas, that he received in 1943.

Military Uses: Since dried peas and beans ship and keep well, they are in demand for military uses, both here and overseas. Our armed forces will get almost 3 and 1/2 million bags of beans...or 15 percent of the supply. They will have 300 thousand bags...or 4 percent of the peas. The Navy is a good customer for beans. In fact, the Navy serves beans so frequently that it takes about three times as many beans to serve ten sailors as it does to serve ten soldiers.

Allies, Liberated Areas, and U. S. Territories: Peas and beans are popular with our Allies, liberated areas, and the U. S. territories. About 31 percent of the bean supply and 53 percent of the pea crop will go to these groups. Russia is the largest allied consumer of beans. Practically all of the 3 million bags of beans which are allotted to Russia will be eaten by the Russian army. The United Kingdom's allotment of beans for 1944 is slightly over 580 thousand bags and 400 thousand bags of peas. British services overseas will be allotted approximately 291 thousand bags of beans and almost 110 thousand bags of peas. Nine percent of the bean crop and 19 percent of the peas will go to liberated areas...3 percent of the beans, 1 percent of the peas to the territories and 2 percent of the beans, 14 percent of the peas to other exports including the Red Cross.

Out of every available 100 pounds, 3 1/2 pounds of beans and 11 1/2 pounds of peas will be set aside for Government reserves...in case of war emergencies during 1944. If it develops that reserves are not needed, they will be made available for civilians.

Now She Makes Her Own: Although the actual number of beans the average consumer is allotted for 1944 will be approximately the same as the average of the past five years, a large proportion of the beans for civilians will be in a different form. It used to be that the homemaker could open a can of beans, heat them, and have them on the dinner table within a few minutes. Now her chances of finding any canned beans are very slim.

Nine pounds of beans for each civilian sound like a mere drop in the bean bag, but when you multiply that nine pounds by five people in a family it steps up the picture considerably. In round numbers about 45 pounds a year. Of course, some families will eat more and others won't eat that many. Therefore, a homemaker who shops for a family of five or six could put a pound of beans in her market basket every week. So you see, there is a real need to know the best ways to use dried peas and beans.

Since dried beans and peas need more detailed preparation, probably the average homemaker could use a few tips on how to cook them. Not only the basic recipes but some variations and ways she can use beans and peas to stretch less plentiful foods. The bulletin, "Dried Peas and Beans in War Time Meals" should be helpful to many homemakers. If you need a supply for your listeners, we'll be glad to send them on request. Write Marketing Reports Division, FDA, 821 Market Street, San Francisco 3, California.

WHAT DRIED EGGS MEAN TO THE BRITISH

With eggs a "prize protein package" in America's wartime diet, your listeners might like to know how much dried American eggs mean to the average British homemaker. Dried eggs are a life saver to the people of England, according to Mr. W. D. Termohlen, assistant chief of the Dairy and Poultry branch of the Food Distribution Administration, who has recently returned from an official trip to Great Britain. Eggs play an important part in adding variety and in helping to keep the English diets up to par.

Mr. Termohlen talked with dock workers, wholesalers, retailers, shopkeepers, homemakers, and with many on the street throughout all parts of England. And Mr. Termohlen says, "They all give me the same answer.. 'We couldn't have done without them'".

As you know, dried eggs are rationed in England. At the present time, each adult is allowed a 5 ounce package every 4 weeks. Each child is allotted 2 packages during this time. A 5 ounce package is equivalent to one dozen eggs. Thus an adult has about three eggs a week, and every child has approximately 6 a week. Of course, every homemaker has to apportion this allotment to cover all her needs...cakes, puddings, souffles, omellets, and any other recipes calling for eggs.

The British Food Ministry has done much to acquaint the public with dried eggs. Both manufacturers and homemakers have been told about the product, the food value it contains, and how it can be used. The educational program is put over in much the same way as we promote products here in America. In addition to radio, this information appears in the current newspapers, magazines, and in British movies.

Mr. Termohlen says this promotion has made dried eggs so popular that the British storekeepers have a hard time keeping American dried eggs in stock. At the present time, the British are using a total of about 134 million pounds of our dried eggs a year, and we expect to ship about the same amount during 1944.

LIBERATED CANNED GOODS

Canned Peaches: Within a few weeks there should be an increase in the number of canned peaches on grocers' shelves. For the second time, the Government has been able to release additional supplies of this canned fruit. This is in line with FDA's policy of letting consumers have all possible foods which aren't actually needed for direct war purposes. Distribution this time will be increased by three quarters of a million cases. Cannerymen are now permitted to sell 5 percent of their reserves after the Government requirements are fulfilled.

Canned Apples: The War Food Administration recently announced the release of 8 1/2 million pounds of canned apples. The release of these apples will be welcome news for institutions, bakeries, hotels, and restaurants because they are number 10 cans. It should mean that there will be more of America's traditional dessert...apple pie...on restaurant menus throughout the country.

These Government owned stocks are being offered for sale to the cannerymen who originally packed them for the Government. In turn, the cannerymen will resell them and they will go through the normal trade channels.

THERE'LL BE SOME CHANGES MADE

The New Year will bring plans for a more fair rationing of food in eating places such as hotels, restaurants, soda fountains, and hospitals. A plan is being worked out now to change the present method of allotting food to these eating places. Although the new plan is not perfect, it will be fairer to both the people eating all their meals at restaurants and to the families eating at home. It should trim down the rations for eating places where serving food is not the main purpose and allow more rations for those eating places which specialize in food.

According to the old plan the size of the food ration for each eating place depends on the number of people served. Under this old method it does not matter whether the customers are served refreshments or food.

However, under the new set-up, the food allotment will be based entirely on the number of persons served food as differentiated from the serving of refreshments. The rations for refreshments will be based on the number of servings of refreshments alone.

Refreshments include beverages mainly, but occasionally some foods will be in that group. For instance, potato chips or popcorn served with a drink is in the refreshment class. And ice cream served alone is also in the refreshment class. On the other hand, ice cream served with a dinner is included in the food group.

For several months, officials have been trying to work out this plan. Although it won't go into effect until March 1, 1944, eating establishments have been asked to start keeping separate records of refreshments and food on January 1, so the local ration boards will be able to compute future rations.

WHAT'S IN THE MARKETS

Best Buys in Fruits and Vegetables
Currently Available on West Coast Markets

LOS ANGELES

Vegetables: The wholesale price of cauliflower is 50% lower than a week ago. The quality is good and this vegetable is recommended as one of the best buys of the week together with turnips, lettuce, and Banana squash. Cabbage is 20% lower than last week. Celery and chard are reasonably priced. Vegetables holding at ceiling price are snap beans, best quality sweet potatoes, and carrots. Vegetables holding at high levels are artichokes, brussels sprouts, cucumbers, green onions, garlic, eggplant, peas and tomatoes.

Fruits: Navel oranges, grapefruit and lemons are plentiful and prices steady. Bananas have declined about 10% in price. Avocados are in moderate supply and steady in price. Still high are pears, cranberries, persimmons and pineapples from Hawaii.

SAN FRANCISCO

Vegetables: Broccoli, cauliflower, lettuce and Hubbard and Banana squash are recommended buys because of heavy receipts this week. Potatoes, cabbage and the root vegetables are also in ample supply.

Fruits: Apples and avocados remain the most attractive buys. Tangerines and persimmons have dropped on the wholesale market. New price ceilings on bananas have resulted in slightly lower prices for this commodity.

PORTLAND

Vegetables: Local cauliflower, cabbage, broccoli, spinach, bunched and root vegetables are in liberal supply and reasonable in price. Some spinach has been coming from Texas to supplement that from local gardens. Potatoes and winter squash continue plentiful and of good quality. There are more onions on the market since the Government is releasing the Spanish type and small size onions of yellow varieties. The Government is not buying the No. 2 grade onions, and despite the fact they may be mishapen or show a tendency to sprout, for immediate consumption they are more economical than the No. 1 grade.

Fruits: For the first time in several months the price of avocados is moving downward. Quality of oranges, grapefruit and tangerines is excellent. Apple supplies are moderate with the top quality difficult to secure. Pears are moving slowly at unchanged prices.

CHICKEN --BUT NOT EVERY SUNDAY

The War Food Administration has set aside freezer stocks of chickens and fowl (hens) for purchase by the armed forces and Government agencies, under Food Distribution Order No. 91. However, homemakers will be glad to know that they will still be able to buy chickens. There are several reasons why chickens will still be available to civilians.

First, the set-aside doesn't apply to incoming poultry after the effective date (12:01 A. M. EWT, December 30). Government agencies will buy only the suitable stocks that were already in the freezers on this date. Through the set aside, the Quartermaster Corps should be able to catch up on its requirements for all the armed services, and be able to include chicken two Sundays out of every month... as called for in the regulation "G. I." menu.

Another reason why civilian supplies will be available, is a culling program which is being conducted nationally to bring laying hens back to approximately the same number as there were on farms in January 1943. If this is carried out, about 40 to 50 million pounds of chickens should be marketed within the next few weeks.

A third factor in favor of the consumer is the early start of the egg production season...a season likely to result in a record crop of eggs. It already has brought about local abundances of eggs in some areas and lower prices to producers. This may result in heavy flock culling, especially in feed deficit areas...a move which would mean the marketing of more poultry than usual during the late winter and early spring season. In areas where retailers rely principally on fresh killed poultry, consumers will not be affected by the order, as it applies only to chicken in cold storage on the effective date. However, hotels, restaurants, and similar public eating places, owning 3,000 pounds of chicken or more in storage come under the "freeze". Thus, folks who eat out may not see chicken on restaurant menus as frequently in the immediate future. But flock culling should begin to augment current supplies within the next few weeks.

CALIFORNIA REGULATIONS ON SALE OF HOME CANNED FOODS

The California State Department of Public Health has called our attention to the fact that the sale of home canned fruits and vegetables from roadside stands in California is covered by certain health protective measures. In our December 15 Round-up there was an item about the change in OPA regulations which permitted any amount up to 1500 quarts to be sold exempt from price control. Thus, broadcasters in California who may have told listeners about this may wish to give them the additional information that the "sale of homecanned foods which have not been packed under the supervision of a representative of the State Department of Public Health is prohibited, and also that such sales cannot be allowed without the payment of a license fee to the State of California."

Broadcasters who are interested in these regulations and feel that their listeners would like more details can undoubtedly get a copy of the California Cannery Inspection Act, and a copy of the ruling of the State Attorney General's office on homecanned foods. Just write to Milton P. Duffy, Chief, Bureau of Cannery Inspection. These rulings are all a part of California's campaign to prevent unnecessary deaths and illnesses from improperly homecanned food.

PRESSURE CANNERS NO LONGER RATIONED

Your listeners who tried unsuccessfully to obtain pressure canners during the past year will be glad to hear that these cookers have been taken off the ration list. Now, homemakers who would like a pressure cooker for canning purposes can buy one ration-free and it isn't too early to be talking about pressure canners. There are a number of homemakers who use them year round. They will probably be interested to know that they'll be able to buy a canner to "put up" meat. And other homemakers could start looking round for a pressure canner now, so they can start putting up the early fruits and vegetables in the spring. The supply of canners will be limited, even though there are no restrictions on the purchase of them.

WESTERN REGION FDA SUGGESTIONS #41

Many of the ration points on frozen foods have been cut to zero and others have been lowered in points. For those who will be trying frozen foods for the first time, here are some helpful hints.

Things to remember about frozen foods.

- . as soon as possible after frozen food is purchased it should be put in a freezing compartment at home or cooked. (This will prevent a breaking down of the food which in turn changes the flavor.)
- . in cooking put the contents of the frozen package directly into boiling water.
- . when scalloping or creaming frozen vegetables use a thick sauce instead of a medium or thin to allow for the liquid that is present in thawing.

Using frozen fruits in pies and cobblers.

- . defrost the frozen fruit.
- . drain juice --- avoid bruising or breaking up the fruit.
- . bring the juice to a boil and add a mixture of cornstarch and water, cook until juice is the consistency of heavy corn syrup.
- . the mixture must be cool when folded into the fruit --- fold in carefully to avoid breaking up the fruit. Follow general directions in baking.
- . if additional sugar is needed for sweetening --- add it to the juice after it has thickened (cornstarch will not thicken the syrup if too much sugar is present.)

MENU SECTION

The following menus are based on available food supplies. Diets that preserve health are cheaper than doctor bills.

Breakfast

Grapefruit Halves or Grapefruit Juice

Egg Omelet

(Minced ham or jelly added)

Whole Wheat Toast

Beverage

Lunch

Oyster Stew

(Scalloped oysters if the milk supply is limited)

Fruit Salad in lettuce cups Hard Rolls

Beverage

Dinner

Pork Shoulder Roast

Creamed gravy

Baked Sweet Potatoes

Green Beans

(Canned and frozen beans have zero ration value in January)

Cabbage and green pepper slaw

Bread

Hot Gingerbread with Hard Sauce

(With sugar rationed, molasses or sorgum can be the sweeteners, they contain iron and some calcium. Meat drippings can be used instead of butter as shortening.)

Beverage

Breakfast

Applesauce

Sausage Patties

Griddle Cakes

(Honey and butter spread for the wheat cakes)

Coffee

Milk

Lunch

Tomato Soup and Croutons

(Croutons can be made by cutting buttered bread in cubes and drying them in the oven.)

Whole Wheat Sandwiches

(Filling of steamed fish, chopped celery, green pepper, pickle and mayonnaise)

Oatmeal Cookies

Milk

Dinner

Stew

(Using cheaper cuts of meat with carrots, onions, potatoes)

Cauliflower

Avocado and orange salad

(Avocados, now in good supply, have a bland flavor which combines well with left-over fruits or vegetables in salad. They contain calcium, phosphorus, iron, some Vitamins A, B 1, C, and fat.)

Fruit Cobbler

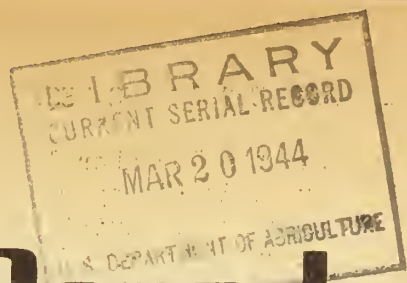
(Use frozen blueberries or huckleberries at 6 points a pound.)

Bread, butter

Beverage







Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, California
January 15, 1944

IN THIS ISSUE

RESTAURATEURS HAVE RATION PROBLEMS.....Feeding customers on basis of nine-tenths of a brown stamp for one meal per person, restaurant managers must resort to ingenious ways to extend their supplies of meat and fats.

LUNCH AT SCHOOL.....Many children now getting hot, nutritious noon-day meals at school as result of FDA indemnity program. More sponsors are needed to further this wartime program.

NEW INGREDIENT IN BAKING POWDER.....Calcium carbonate now being used in some baking powders in place of cornstarch....no difference in the leavening action.

CIVILIAN YEAST SUPPLIES.....Nine out of every 10 pounds of the nation's yeast supply will be going to consumers at home. Cane and beet molasses are the bases on which compressed yeast now grown.

ENRICHMENT AMENDMENT POSTPONED.....Niacin, one of the vitamins needed in the enrichment of bakery products, is in short supply. Therefore the amendment to FDO 1, the bread order, calling for enriching of rolls, coffee cakes, and other yeast raised products will be postponed until May 1, 1944.

JELLY FOR THE SWEET TOOTH.....Americans will be spreading their bread with more jams, jellies, marmalades and fruit butter the next six months despite the fact that the fruit pack was hit by poor harvest and labor shortage.

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS IN THE WEST

BREAD.....In the December 18 issue of Round-Up we announced that white flour used in all types of yeast raised products made by commercial bakeries must meet certain enrichment standards by January 16, 1944. Since then, manufacturers of niacin, one of the vitamins in the enrichment program, have had difficulty in obtaining raw material to make enough niacin to cover the requirements. Therefore, the War Food Administration postponed the effective date for enrichment until May 1, 1944 when supplies of niacin are expected to be adequate.

Amendment No. 5 (to the bread order, FDO 1,) which was to be effective January 16 covered other provisions besides enrichment. This latest amendment (No. 6) effects only the enrichment provisions of the previous amendment.

BUTTER... Supplies of butter for consumers continued far short of the potential demand, with all sections of the country reporting an irregular short distribution. At San Francisco some outlets were one-third of last year's subnormal volume. Indications of a slight improvement in the over-all picture are predicted because butter production during the week ending Jan. 6 increased by 7 percent. Such an increase shows a trend toward more production which will continue into coming months of normal heavier production. A less favorable cream market has also resulted in some switching from cream back to butter, and a few plants lately making whole milk powder have gone back to butter making.

MILK.....Total U. S. milk production during December was estimated by the Bureau of Agricultural Economics at 8.3 billion pounds. While this is slightly below the same month in 1941 and 1942, it is otherwise the highest December on record. Total milk production in 1943 was one percent below 1942. The 118.2 billion pounds produced were the second highest on record.

RAISINS...About the same amount we have always bought will be on grocery shelves. While production of raisins has been increased, this dried fruit is rationed because of large shipments going to the armed forces and our Allies. Raisins are good sources of iron and thiamin. Can be used in puddings, cakes, pie, hot cereal, soya muffins and sauce for meats.

RATIONING DATES

Brown Stamps (Book 3)

Meat, butter, fish, cheese, edible fats and oils, canned milk: Stamps R, S and T valid through January 29.

Green Stamps (Book 4)

Processed fruits and vegetables: Stamps D, E and F valid through January 20. Stamps G, H and J valid through February 20.

Sugar (Book 4)

Stamp 30 valid for five pounds January 16, expires March 31.

---FOR THE SWEET TOOTH---

Americans will be spreading their bread with more jams, jellies, marmalades, and fruit butter for the next six months, according to an announcement made by the War Food Administration. In effect, by June 30, 1944 consumers will have used about 56 million pounds of jam, 200 million pounds of jellies, 100 million pounds of marmalade, and more than 50 million pounds of apple butter. The allocation of fruit spreads is made according to the pack year (July 1, 1943 to June 30, 1944) rather than the calendar year because total supplies cannot be estimated until the summer's harvest is well in view.

About 27 percent of the fruit spreads will follow our armed forces to the various parts of the world. Allies and friendly nations will have only about 3 percent of the total supply...and approximately 1 percent will go in the Red Cross prisoner-of-war packages.

Although last fall's production of fruit spreads in general was relatively abundant, the jam pack was hit by the poor harvests of strawberries, peaches, apricots, and sour cherries. Strawberry crops have suffered because of the manpower shortage. Short harvests of the other crops resulted from unfavorable weather conditions.

On the other hand, there are large quantities of grape jelly, plum preserves, and citrus marmalade on the market. In addition, blackberry, raspberry, and youngberry jam should be easy to find.

Citrus marmalades are among the most plentiful, and, they are the only ones that do not require ration stamps.

SCHOOL LUNCH PROGRAMS NEEDED

When school started last fall, quite a few sponsors of the school lunch program stepped right up and entered into an agreement with the Food Distribution Administration. Many of these had sponsored the program before so they were aware of the advantages. However, late reports show there are far too many schools still without a school lunch program. Perhaps some of these lunch-deficient schools are in your neck-of-the-woods.

Local school boards and the state department of education are usually the sponsors. They sign an agreement with FDA which guarantees reimbursement of the purchase cost of the foods used in the program...depending on the type of lunch served. However, you might remind your listeners that organizations such as American Legion posts, nutrition committees, Rotary and Kiwanis clubs can lend their assistance as co-sponsors. They can be helpful in initiating the program, in getting volunteer workers and contributions.

Any of your listeners who want more detailed information about school lunch programs should contact their nearest FDA regional office. For western states the address is 821 Market Street, San Francisco 3, California.

CIVILIAN YEAST SUPPLIES INCREASED

Civilians should have slightly more yeast for baking this year, according to the allocation for 1944. They will receive almost 229 million pounds of compressed yeast during the year. This will be more than 9 out of every 10 pounds of the total supply. Our armed forces will receive nearly 16 million pounds and a small percentage will be exported to American territories, Allies, and friendly nations.

This kind of yeast...known as compressed yeast...comes in the familiar small package usually sold in grocery stores. Of course, part of this supply is made into large packages for bakeries and other institutions who use it on a large scale.

Cane and beet molasses are the bases on which compressed yeast are now grown. First, the yeast cells are separated from the liquid which remains when the sugars and other nutrient materials have been absorbed from the culture medium. Then the separated yeast cells are cooled and passed through large presses where they are compressed into cakes. These cakes contain about 30 percent yeast solids and 70 percent moisture.

Dry Active Yeast: Dry active yeast, too, will be allocated in 1944. However, this kind of yeast is used more for shipment overseas than for civilian use here in the U. S. because it does not require the refrigeration needed for compressed yeast. U. S. military and war services will receive almost two-thirds of the total supply. Nearly all of the remaining third will be used for exports. Civilians will receive only a very small amount since their needs are met in the large allocation of compressed yeast.

Although dry active yeast is essentially dehydrated compressed yeast, it is specially manufactured for overseas shipment and long storage. Its commercial growth and its dehydration are carefully controlled, and, like other dehydrated products, it can be reconstituted and used in a similar way to the fresh product... it is an active agent for baking purposes.

Nutritional Yeast: The third kind of yeast...nutritional yeast...includes both yeast grown on molasses and brewers yeast. No doubt, it received its name because of the valuable food nutrients. It contains 40 to 55 percent protein and about 35 percent carbohydrates. In addition, it is rich in vitamins B₁, B₂, calcium, iron, phosphorus, copper and other nutritional ingredients.

The type of nutritional yeast that is grown on molasses is known as primary grown yeast. After the yeast cells are placed in the cultures, they feed and grow at rapid rate. In fact, a batch can be grown in from 6 to 24 hours. The cells divide and multiply, are dried carefully and prepared for marketing.

The yeast produced as a by-product of the brewing industry is similar to the primary grown yeast except it is grown on grains instead of molasses. It is non-alcoholic. The production of this type of yeast uses millions of pounds of food supplies that would otherwise be wasted. It is dehydrated on drum driers and marketed in the same manner as primary grown yeast.

Civilians will receive 8 million out of every 11 1/2 million pounds of nutritional yeast. It will be available in powdered form which can be used in soups, meat loaf, baby foods, and countless other foods. And another important use of this yeast is for tablets...or pep pills as they are called. American prisoners in Axis camps are receiving them, and tens of millions of them have already been produced and sent to our allies.

EATING OUT VERSUS EATING IN

Many homemakers, who have a hard time serving nutritious meals on their allotment of ration coupons, have been wondering why those persons who eat in restaurants are given the same number of ration points as those who are eating at home all of the time. Perhaps the complainers haven't seen both sides of the story. So, let's take the side of the restaurant manager. Although his customers don't have to surrender ration stamps to him when they order meals, he has to surrender ration coupons for the food he buys the same as the homemaker.

The restaurant owner is allowed a certain number of ration points each week. The average eating place has a little over 9/10th of a brown stamp point for one meal per person. And this must include all the butter, fats, and oil as well as cheese and canned fish that he serves.

Let's see how many points a pat of butter will take. Butter is 16 points a pound and it can be cut in about 64 squares. Each square will average about 1/4 of a point for each person. That leaves less than 3/4 of a point for all of the other brown stamp foods that the customer orders in that meal. And he surely can't buy much meat for 3/4 of a point.

Restaurants, as well as homemakers, have to resort to ingenious ways of making their rations last. Hotels and restaurants have meatless days when they serve poultry, fresh fish, and vegetable plates. And many restaurants solve their problem by closing one day during the week.

Then there's another argument which some people are giving about the unfairness of the rationing system. On the basis of 9/10ths of a brown stamp for each person every meal, the restaurant would average 18 points for every person per week...and people eating at home all of the time have only 16 points a week.

First of all, very few homemakers serve all 21 meals a week to every member of the family. Usually, the man of the house eats at or near his office or plant, and the children either eat at school or carry lunches that require very few brown stamps. And many families eat on the average of one meal out during the week, so the homemaker with her 16 points is really better off than the restaurant manager with 18 points a week.

When it comes to the subject of unrationed foods, restaurant managers have problems similar to homemakers. For instance, they have to cut down on milk when there is a shortage. In fact, some restaurants encourage their adult customers to order tea or coffee instead of milk.

Some of your listeners who think the rationing system is unfair may become more open minded if they realize that restaurant managers have their problems, too.

NEW BAKING POWDER FORMULA

Calcium carbonate is now being used in some baking powders in place of cornstarch. No doubt you've been wondering if this change makes any difference in the leavening action of the baking powder. War Food Administration officials tell us that the calcium carbonate used is a precipitated calcium with a density equal to that of cornstarch and has the same general affect on baked products. Tests to date show that it has an identical raising capacity, so homemakers should be urged to use the same baking powder proportion as usual. It has also been found that there is no change in the taste or looks of the finished product. In fact, the only apparent difference to the homemaker is the label on the box of baking powder, which includes calcium carbonate instead of cornstarch.

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available on west coast

LOS ANGELES

Vegetables: A wide range in wholesale prices continues between number one and number two grades of sweet potatoes, squash, cauliflower, celery, potatoes and tomatoes. Cabbage, celery and carrot receipts in particular have increased with prices lower. Chard, radishes, spinach and Banana squash and kale are moderately priced, and turnips are slightly lower than last week. Broccoli is in moderate supply with prices unchanged. Onions have been almost off the wholesale market on account of heavy requirements by the armed forces...ceiling prices prevail on those available.

Fruits: Avocado prices hold steady with adequate supplies. Grapefruit and orange prices are slightly lower with increased receipts. Rhubarb is higher than a month ago. Northwestern apples are moving at ceiling prices. Supplies of pears, persimmons, cranberries, pineapples and bananas are light.

SAN FRANCISCO

Vegetables: Best buys from nearby producing areas are broccoli, cauliflower celery, cabbage and potatoes. Celery deserves special consideration because of price declines during the week. Potatoes have advanced slightly, but this vegetable is still attractively priced. Eggplant reductions take this item out of the high priced group.

Fruits: Apples, avocados, oranges and citrus fruits are the recommended buys.

PORTLAND

Vegetables: Texas spinach is one of the best buys. The recent low temperature has forced prices higher on cabbage. Cauliflower from local gardens and California is coming in ample supply. Banana and hubbard squash is plentiful, with prices advanced slightly. Zucchini from California is in moderate supply.

Fruits: Citrus fruit offerings are liberal with a wide range in price according to size. Apples are limited and selling at ceiling prices. Consumers can also get cocoanuts with the hulls on. Grated cocoanut is difficult to secure, so one must do his own grating.

WESTERN REGION FDA FOOD SUGGESTIONS #43

As a help to the housewife the food suggestions for this week give a few ideas on how to dress-up the familiar vegetables found on the markets at the present time.

When the vegetable dish is a surprise, the entire meal seems more appetizing. There are plenty of possibilities for the cook who likes to experiment with new ways of cooking familiar old standbys in the vegetable line.

Nutritionists say "eat something from the Basic Seven everyday",

Group One (green and yellow vegetables) Group Three (potatoes and other vegetables) are the vegetable groups. Make a check list in your kitchen and be sure that you are meeting the daily requirements for your family.

Fresh vegetables are rich in vitamins A and C. Serve the vegetables raw whenever possible, --- getting the full value of the food.

"Musts" in vegetable preparation are:

- . cook in a small amount of water --- more of the food value is retained.
- . clean with a vegetable brush rather than peeling.
- . boil or steam in their natural water-tight jackets.

Dress the vegetables up in piquant sauces and fine herb flavorings. Margarine or butter flavored with herbs (oregano, rosemary) adds a new note to steamed vegetables or baked potatoes.

Orange Sauce for Beets

White sauce

- $\frac{1}{2}$ c. orange juice
- $\frac{1}{2}$ t. grated lemon peel
- 1 T. corn syrup
- 1 T. lemon juice

Add the juice, grated peel, syrup to the white sauce. Cook until thick, add beets and heat through.

Turnips O'Brien

Chop cooked turnips and season with salt and pepper. Add chopped green or sweet red pepper. Melt 2 tablespoons of fat in a frying pan and spread a thin layer of the vegetable in the pan. Heat slowly, serve hot.

Sauteed parsnips: Slice parsnips very thin lengthwise and sautee in butter.

Shredded cabbage: Cook finely shredded cabbage about 7 minutes with 1 t. olive oil added to water in the bottom of the pan.

MENUS

Based on foods currently available in western states.

Breakfast

Tomato Juice

Soft Boiled Egg

Soya Toast with Marmalade

(Or homemade soya muffins with raisins)

Coffee

Milk

Lunch

Fish roll with Creole sauce

(Flaked, steamed fish rolled in individual baking powder biscuit circles.
Dough about $\frac{1}{4}$ inch thick.)

Orange, grapefruit, tangerine sections
on lettuce leaves

Gingerbread

Tea

Milk

Dinner

Boiled Tongue with horseradish or mushroom sauce

(Boil tongue in water seasoned with onions, celery leaves and parsley.)

Chard, carrot and cauliflower vegetable plate

Mashed potatoes

Cottage Pudding with Vanilla sauce

Milk

Tea

Breakfast

Grapefruit halves or canned grapefruit juice

Griddle Cakes, syrup

Beverage

(left-over rice and eggs and sugar may be combined to make rice griddle cakes. Allow one egg per person. Fry in fat like wheat cakes.)

Lunch

Vegetable soup

Sliced tongue sandwiches with pickle relish

Head lettuce with Roquefort cheese dressing.

Filled cookies

Beverage

Dinner

Baked Ham Slices or Pork Steaks

(The ham slices are spread with dry mustard and sugar blend. Bake in casserole with enough milk to keep ham moist.)

Baked potatoes

Spinach or Broccoli

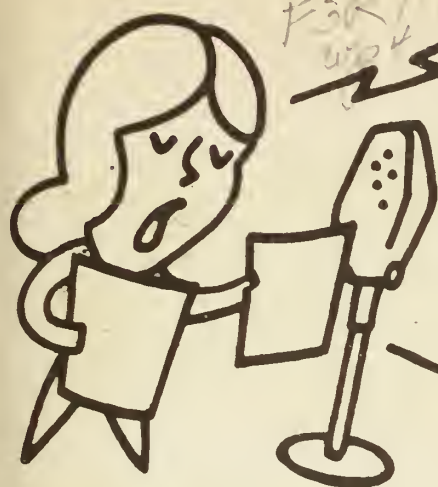
Fresh raw vegetable relish plate
(Carrots, celery, cauliflower)

(or a frozen green vegetable
Enriched Bread

Fruit Pie (Using frozen apples or rhubarb now ration point free)

Milk

Tea



Radio Round-up on food...

A Service
For Directors of Women's Radio Programs

San Francisco, California
January 22, 1944

IN THIS ISSUE

EGGS, A PROTEIN "BEST BUY"....Fresh egg supplies are now abundant. Small, medium and Grade B eggs are piling up in produce centers because of consumer preference for the larger sizes. With the price ratio favorable in terms of egg weight, consumers are overlooking a better buy by passing up the smaller varieties.

SCHOOL LUNCH RATIONS....OPA has set ration point allowances for schools according to type of meal served...the more nutritious the lunch, the more points are issued.

COFFEE IN '44....If present favorable shipping conditions continue, America's coffee drinkers can hope to have 4 pounds apiece more coffee this coming year..... or a total of $13\frac{1}{2}$ pounds per person.....based on fact that 80% of the coffee supply is now going into civilian markets.

BUMPER CABBAGES AND CARROTS....Indications point to an abundance of carrots and cabbages beginning next month....early plantings are coming to market in a few weeks. Broadcasters are urged to assist the marketing of these perishable foods by suggesting recipes and menus which call for frequent table servings while supplies are heaviest. Carrots are a leading source of Vitamin A... cabbage is noted for Vitamin C....and we can't afford to waste natural food vitamins in wartime. From time to time, we'll include recipes and menus on these two "best buys" in Western FDA Food Suggestions. Current issue, by the way, spotlights ways for utilizing small, medium and Grade B eggs.

US Department of Agriculture
Food Distribution Administration

EGG SUPPLIES ABUNDANT

Because of the record number of laying hens and early maturing pullets, fresh eggs have been coming to market in increasingly larger numbers within the past month. Demand for the large Grade A and AA stocks has been sufficient to keep this size moving. Small, medium and Grade B eggs have been piling up because of consumer preference for the larger size. As the price of large eggs drops, the few cents differential between large, medium and small eggs becomes of greater importance. The time is here for homemakers to start watching for "better buys" she may be passing up. The following chart shows when the medium and small eggs are as good or a better value than the larger eggs.

<u>"BEST BUY" EGG CHART *</u>		
When Large Grade A Eggs Cost	Medium Grade A Eggs Are As Good or Better Value At	Small Grade A Eggs Are As Good or Better Value At
\$.40	.35	.30
.41	.35½	.30½
.42	.36½	.31½
.43	.37½	.32
.44	.38½	.33
.45	.39	.33½
.46	.40	.34½
.47	.41	.35
.48	.42	.36
.49	.42½	.36½
.50	.43½	.37½
.51	.44½	.38
.52	.45½	.39
.53	.46	.39½
.54	.47	.40½
.55	.48	.41
.56	.49	.42
.57	.49½	.42½
.58	.50½	.43½
.59	.51½	.44
.60	.52½	.45

When the price is lower than given in the medium and small egg column then these two smaller sized eggs represent "best buys".

*Based on Federal inspection minimum weights per dozen in the three size categories: To classify as LARGE, eggs must weigh 24 ounces or better per dozen; MEDIUMS, 21 ounces or up to 24 ounces per dozen; SMALL, 18 ounces up to 21 ounces per dozen.

Note to Women's Program Directors: You may wish to duplicate this chart and offer it as a service to your listeners.

MORE COFFEE and COCOA in '44 IF----

Tell your coffee-loving listeners to rest assured about the coffee situation for the next three months. If the shipping conditions and production remain the same throughout 1944, the average civilian may expect about four pounds more coffee...and one-half a pound more cocoa...than he had in 1943. If our expected civilian coffee supply could be divided equally among every man, woman, and child in the United States, each person would get about 488 cups of brewed coffee...slightly more than one cup a day. This means an average of a little over 13 1/2 pounds of roasted coffee per person.

Civilians will get approximately 80 percent of the total coffee supply. The remaining 20 percent will go to United States military and war services. Over 70 percent of the cocoa is allocated for consumers. Cocoa is vital for our armed forces because of its products...chocolate bars and chocolate beverages, which are highly regarded as important foods. The Red Cross requirements have gone up because of an increase in the shipments of prisoner-of-war packages which contain cocoa in some form.

VICTORY GARDENS THE WORLD AROUND

Victory gardeners and farmers will be glad to know that over 70 percent of the record crop of vegetable seeds will go to civilians. The increased number of gardens last year meant more vegetable seeds were planted than ever before. Therefore, our seed growers were spurred on, and produced the largest crop of vegetable seeds in history.

Since seeds produce so much food in proportion to the small amount of space they take, they make excellent form of food for export purposes. So, civilians will share the total supply of vegetable seeds with U. S. military and war services, our allies and liberated areas, U. S. territories, Red Cross and friendly nations. And a small percentage is for contingency reserves to meet emergencies that may arise as the war progresses.

Some of the seeds shipped abroad have gone by steamer...others by plane. An airplane can carry the equivalent of five hundred bushels of rutabagas in a pint jar, and 5 tons of tomatoes in a one-ounce package. Indirectly, we are helping ourselves by sending other countries these seeds. The more vegetables they grow from these seeds, the more self-sufficient they become.

British War Relief Society and Russian War Relief Inc. have been established to conduct supply programs to aid these two countries. One of their programs has been the shipment of large quantities of vegetable seed kits. Each package contains about 2 pounds of seeds...enough to plant a complete garden of beans, peas, cabbages, carrots, onions, radishes, and other garden vegetables.

American seeds are accompanying our armed forces all over the world. Fighters in remote outposts like New Caledonia cultivate many gardens. In these gardens they are able to grow some of their favorite vegetables from back home.

MORE FOOD FOR SCHOOL LUNCHES

A new rationing plan has been announced by the Office of Price Administration which should assure more generous amounts of food for school lunch programs. Under the old program, allotments of food for school lunches were based on the amount of food used in December 1942.

The revised plan is based on the number of persons served during the months of January and February and will put schools in a different category from other institutions. The new allotments are sufficient to provide the "A" and "B" lunches which FDA encourages for the school children's noon meal. In case you've forgotten, here are the contents of a type "A" lunch: At least one-half pint of fresh whole milk as a beverage; a two-ounce serving of a protein-rich food; one cup of vegetables or fruit or one-half cup of each; one or more slices of bread made of whole grain or enriched flour or cereal; two teaspoons of butter or of margarine with added vitamin A. Type "B" lunch must include the same amount of milk and bread, but one half the meat or meat alternates, one-half the vegetables or fruits and one-half the butter or margarine.

On the monthly basis, this new allotment should be sufficient to provide $1\frac{1}{2}$ pounds of meat per child and half a pound of butter or margarine. This meets the requirements set up by the Bureau of Human Nutrition and Home Economics for twenty to twenty-two school lunches a month.

School representatives will want to go to their ration boards as soon as possible to get their allotments. You might suggest that they can speed the whole process if they'll have certain information with them when they go to the ration board. They should know the number of children to whom the school expects to serve meals during the months of January and February. The schools under contract with FDA should state the type of meals they plan to serve. Those schools that are not under contract with FDA, should be prepared to give detailed information on the kind of meals to be served and the amount of food needed. The importance of petitioning soon should be stressed.

FOOD FOR THE PEARL HARBOR OF THE CARIBBEAN

Recent Round-Up stories have included mention of small allocations of our food supply to U. S. territories. The percentage allocation is usually so small that we often don't think it is worthwhile to give you the number of pounds of each food going to each possession. However, your listeners might like to know about the food situation on one of our territories and how important these small percentage allocations really are.

Puerto Rico guards the eastern approaches to the Panama Canal. It is known as the Pearl Harbor of the Caribbean. In addition to this important task, Puerto Rico furnishes us with several of our popular foods. We rely on her mainly for sugar. We raise only about $1/3$ of the sugar we consume in this country...the rest comes from Puerto Rico and Cuba. In addition, we depend on this island for molasses, pineapple, rum and tobacco...but sugar is by far the most important import. When we buy these items from Puerto Rico we keep thousands of workers employed there.

In turn, these workers are dependent upon foods from the United States. In ordinary times, they produce about 60 to 65 percent of their own food. Their most important imports from us are rice, codfish, dry beans, lard pork fat backs, canned meats, wheat and corn flour, tomato paste and sauce. For example, they ordinarily use about 10 thousand tons of rice a month.

During the height of the Atlantic submarine sinkings, the people of Puerto Rico almost reached the starvation point. The 30,000 tons of staples per month from the United States went down to a low of 1800 tons during the month of September 1942. This became such a problem that the Agricultural Marketing Administration, which later became the Food Distribution Administration, began to buy food for Puerto Rico. At this time, large boats were not to be had, so a land and water route for transporting food was devised. Tiny schooners and open motor boats were used to take food from Florida to the tip of Cuba. It was taken across Cuba by rail and truck, carried from Cuba to Haiti where it was carried by boat to Puerto Rico and distributed to the people there. You can imagine the time and money it took for this complicated method of transportation. So, when the submarine menace died down, the cheaper water route was again put in operation.

As soon as we got back to the necessary 30 million tons of staple foods, we began to send them medicines, manufactured goods, machinery, seeds, fertilizer and other items which they needed. The foods and other items which we are sending Puerto Rico are really lifesavers for the people there. And it's to our benefit to have the boats come back filled with sugar and other foods we need.

AN AMERICAN LOOKS AT BRITISH FOOD

Last week the Round-Up carried a story about "eating out" in the United States. Here is some information on eating problems in Britain, reported by Mr. George Biggar. Mr. Biggar, who is Assistant to Vice President, radio station WLN, recently made an observation trip to Britain at the invitation of the British Ministry of Information.

According to Mr. Biggar, the usual eating periods in hotels and restaurants in England, are breakfast, 7:30 to 9:30 am; lunch, 1:00 to 2:30 pm; tea around 4:00 to 5:00 pm and dinner after 7:30 pm. Places comparable to our lunchrooms and soda fountains seem to be lacking...there are very few places to get between-meal snacks.

A breakfast menu might look somewhat like one from the United States, but the ingredients in several of the foods vary considerably. Usually there is a choice of porridge or corn flakes; bacon or sausage and scrambled eggs or herring; bread or toast and tea or coffee. That sounds like one of our breakfast menus, doesn't it? But let's look at the ingredients. The sausage is about soybean meal and quite bland. The scrambled eggs are made from American eggs and are good if prepared appetizingly...but few hotel chefs know the trick. Mr. Biggar tells us that he had only one hard boiled egg while in England and two fried eggs in Scotland.

Dinner usually starts with a soup...then the main course with two vegetables as a maximum. This includes goodly portions of potatoes and such vegetables as cabbage, brussels sprouts, beans or carrots. The bread is always the same because it is made from a national formula...national wheatmeal flour with wheat flour of 85 percent extraction, imported white flour, oat products, barley, rye, milk powder and calcium.

The loaves of bread look like what we call "Vienna" loaves. Instead of having a choice of pies and ice cream for dessert, British restaurants and hotels usually offer some unfamiliar "not so sweet" dessert or cheese and crackers. The meal usually ends with coffee in the hotel lounge or the living room of a home.

Many offices serve coffee in the middle of the morning. You are asked "black or white". If you say "white", hot milk is added to the coffee, as the sale of cream is illegal. Coffee has never been rationed in Britain but tea is rationed to 2 ounces per adult each week.

Mr. Biggar talked with British homemakers about their rations. Adults are allowed weekly about 25 cents worth of beef, pork or mutton, which is a little over one pound of meat with bone, 8 ounces of cooking fats, butter and margarine of which 2 ounces must be cooking fats and not over 2 ounces of butter; 4 ounces of ham or bacon; 2 pints of milk per week; 8 ounces of sugar; 3 ounces of cheese (more for certain classes of workers); 3 shell eggs a month and the equivalent of a dozen dried eggs every four weeks.

Canned meats and condensed milk are under the point system as they are here. While Mr. Biggar was over there, 12 ounces of sweets and chocolate were allowed each person during a four-week period. Expectant and nursing mothers and small children are given priority for milk, eggs, oranges and orange juice concentrate.

Of course, there are some foods that aren't rationed. These include oatmeal, potatoes, root and leafy vegetables, apples, bread, coffee, dressed poultry and rabbits, liver and sweet breads and fish. Lemons, pineapples and bananas are unobtainable. Mr. Biggar tells about giving a lemon to one woman in England. When she thanked him for the lemon, she said, "It's been over two years since I've seen a lemon. Tonight we'll have lemonade and we'll each have a sip or two".

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available
on the West Coast

PORTLAND

Vegetables: With higher temperatures, growers are again able to harvest crops. Damage from low temperatures was not as great as expected. Local cabbage is still of good quality; receipts are heavier at lower prices. Carrots, parsnips, and turnips are plentiful and low in price. Holdings of celery are the heaviest for several months with the prices continuing downward. Cauliflower prices have advanced. Spinach is now coming from local gardens as well as Texas and California.

Fruits: Small oranges are reasonable and receipts are liberal. For juice, the small fruit is just as juicy and sweet as the large, and almost twice as reasonable.

SAN FRANCISCO

Vegetables: Most of the hardy winter vegetables from nearby areas, such as broccoli, cabbage, cauliflower, celery and root crops are in moderate to liberal supply and reasonably priced. Hubbard and Banana squash continue plentiful and a best buy on the market.

Fruit: Oranges and grapefruit are liberal, and larger sized grapefruit have declined in price. Avocados are ample and slightly lower. Northwestern apples are in light supply and wholesaling at the ceiling price.

LOS ANGELES

Vegetables: Banana and hubbard squash, turnips, beets, chard, mustard greens, broccoli, rutabagas, celery and carrots are recommended buys. Peas are selling at the ceiling with light supplies. Cabbage is in moderate supply and slightly higher than last week.

Fruit: Grapefruit and orange prices are moving downward. Avocados are plentiful and declining in price. Tangerine supplies have increased with prices slightly lower. Moderate supplies of apples are selling at the ceiling price.

"PASS THE AMMUNITION"

With the large amounts of pork on the market these days, and the extra ration stamp that's allowed for pork, homemakers are naturally using more of the pork products, and this means that they will have more household fats than before. Therefore, they should be able to use ideas on the best use of these fats. Of course, the fat that isn't needed should be taken to the grocery store but some of it can be used at home to save butter, margarine and other cooking fats. For instance, bacon grease gives a delicious flavor to muffins...especially bacon muffins. And some men prefer biscuits made with ham grease. These fats can be used in frying eggs, potatoes or apples. A delicious way to fix liver is to dredge it with flour and then brown it in bacon fat. Reduce the heat and cook until tender in a covered pan. Then serve the liver with a couple slices of bacon over the top. Bacon fat added to morning waffles should add an unusual, yet pleasing flavor, or you might suggest that they add bacon fat when cooking vegetables.

However, if the homemaker uses these fats in every possible way and still has some left, she should take them down to the grocery store. In case she's forgotten the procedure, you might remind her that she needs a clean tin can, to hold the salvaged fat. Because of breakage, glass containers are not accepted and because the renderer salvages the tin cans after the fat has been removed. Fats that are discolored, burned, highly flavored or strong in odor, are not disqualified...they are just as acceptable as clean fats.

The whole procedure is quite simple...not even a form to fill out. Every homemaker should agree that it's worth her while to take used fats to the grocery store when she realizes their value in making ammunition for our fighting men. For instance, every point of used cooking fats that she saves, will produce enough glycerine to fire four 37 mm anti-aircraft shells...and the same amount will produce enough glycerine to manufacture 1/2 pound of dynamite.

GETTING AN EARLY START

It's time again to remind homemakers to dig out their pressure canners and ready them for the canning season. It might not occur to many women to start thinking about pressure canners when their victory gardens haven't even been planted. But, this year there is a special reason for starting early. If the canner has to be sent back to the manufacturer, it should be sent within the next month. Manufacturers say that they can handle repair jobs faster if they receive the canners right away. But, by March 1st they will be working hard on the 1944 lot of new canners and won't have much time for repair jobs on the old models.

Of course, all pressure canners don't have to be sent to the manufacturer. Urge your listeners to check the canner first to see if anything is wrong with it. When a gauge seems to register incorrectly, 9 times out of 10, it's only because the safety valve is clogged with food and grease. Homemakers can remedy this situation themselves. All they have to do is to remove the safety valve and soak it in vinegar for a short time. If this doesn't remove all the dirt, a string should be pulled through the opening.

The gauge of every canner should be checked every year before canning time with a master gauge or special kind of thermometer. In some states, home demonstration agents or home management supervisors have these instruments and can help with the testing. Some local dealers are able to check gauges for homemakers. If there is no way of getting it checked near home, tell your listeners to unscrew the gauge and send it to the manufacturer. But it must be packed very carefully because it is a precision instrument and can't stand hard knocks or bangs. When the gauge is tested and ready to be put back on the canner, use plumber's paste (litharge and glycerine) on the threads to be sure of a tight seal.

Even though the War Production Board has authorized the manufacture of 400 thousand pressure canners for 1944, every old canner that can be put into good condition is needed. Since a pressure canner is recommended for all the common low-acid vegetables except tomatoes and the vegetables pickled before canning, it is important that homemakers have their canners in "tip top" condition ready and waiting for the first vegetables from their victory gardens.

If your listeners would like more detailed information about the care of pressure canners, we will be glad to supply you with copies of the U. S. Department of Agriculture bulletin "Care of Pressure Canners", which you can send them.

WESTERN REGION FDA FOOD SUGGESTIONS #44

Fresh egg supplies have increased tremendously within the past month because of the record number of laying hens and early maturing pullets. Small, medium and Grade B eggs, in particular, are not being purchased in sufficient quantities to move the large stocks now coming to market. Grade B eggs are suitable for cooking use. When the price differential is favorable, a dozen and a half of the small eggs provide more food value than a dozen of the large eggs. Large eggs weigh 24 ounces a dozen; mediums, 21 ounces; and smalls, 18 ounces.

EGGS A PLENTY

"Good things come in small packages"----for example--EGGS. Small but important in making the ration points go farther.

Eggs have a satisfying flavor and staying power and are successfully used as the main dish, in salads, as a garnish or a dessert custard.

Checked against the food value chart you will find eggs furnish protein of excellent quality, are rich in iron, calcium, phosphorus. They also supply vitamin A, B, G. Niacin (pellagra preventing factor) and some vitamin D. This shows the importance of eggs to any diet.

In the care of eggs----remember they need to be kept in a refrigerator or some other cold place if to be fresh, wholesome and best in flavor. Eggs keep better at a temperature between 45° and 50°.

When cooking eggs, treat them tenderly. Keep the temperature low and cook a short length of time. High temperatures and long cooking makes the delicate protein of the eggs tough.

Eggs are a low cost protein food. Because of the abundant supply now on the markets, prices are moving downward.

RECIPES

Macaroni and Egg

4 eggs, slightly beaten
2 c. milk
1½ t. salt
½ t. pepper
dash cayenne
2½ oz. long strip macaroni
1 c. grated sharp cheese (if desired)
Cook macaroni until tender. Arrange macaroni in greased casserole. Combine remaining ingredients and pour over the macaroni...all except ¾ cup of milk mixture. Bake macaroni 30 min. at 350°. Serve it sliced with a sauce made from remaining ¾ cup of milk mixture which has been cooked until thick.

Spoon Bread

2 c. white corn meal
2 c. boiling water
1 t. salt
3 eggs
3 T. melted shortening
1½ c. sweet milk
Mix corn meal with boiling water, stirring until smooth and free from lumps. Add salt, butter or other shortening and milk. Separate eggs, beat both until light. Fold in whites and yolks. Pour into a buttered baking dish 350° - 45 min. serve it in same dish.

MENU SECTION

The foods in the menus below are those which are found in quantities in the markets at the present time.

Breakfast

Orange or grapefruit juice
French Toast - (soya bread)
Marmalade Beverage
(Canned grapefruit juice is still point-free and a good Vit. C source.)

Lunch

Baked Mexican Pink Beans
Avocado and tangerine salad
Sourdough bread Milk
(Beans contain valuable minerals and are an excellent meat substitute)

Dinner

Braised Short Ribs of Beef Horseradish Sauce
 Stewed Tomatoes Broccoli
 Scalloped Potatoes
 Grated Carrot and raisin salad Date Torte Beverage
 (Fresh date crop coming in from Coachella Valley)

Breakfast

Home canned fruit	
Whole grain cereal	Toasted enriched bread
Milk	Coffee

Lunch

Cheese Souffle'
Mixed Green Salad with French Dressing
Jelly Tarts Milk
(Eggs are in abundance and are a good source of protein)

Dinner

	Leg of Lamb	
Peas and carrots		Oven roasted potatoes
		(Cook in roaster with meat)
Fresh fruit salad on lettuce		Single crust rhubarb custard pie
	Beverages	
	(Fresh rhubarb is on the market now)	



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MAR 20 1944

U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, Calif.
January 29, 1944

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.....Western Food Suggestions, Highlighting Meat Alternates, Extenders

FOODS IN THE NEWS IN THE WEST

WINTER SQUASH.....Supplies are very abundant, and in some areas there's danger of waste of this yellow vegetable with its Vitamin A properties unless housewives serve it more often. Broadcasters might remind them that the Hubbard variety is an excellent substitute for pumpkin in pie making.

SOYA PRODUCTS.....Western wholesalers and retailers are now stocking increased quantities of soya products...and with recent increases in point values of many meats, broadcasters might well suggest several soya recipes which are meat extenders...This office still has a good supply of "Cooking with Soya Flour and Grits". Send your requests to Marketing Reports Division, OD, 321 Market St., Rm. 700, San Francisco 3, California.

EGGS.....Western homemakers should give a vote of thanks to poultry producers who've done such a good job of meeting wartime production goals that egg supplies are abundant. With meat point values increased, this high quality protein food will prove a good meat alternate and extender.

US Department of Agriculture
Food Distribution Administration

CHANGES in RATION POINT VALUES

MEAT....This is the tapering off time of the year for meat production, so point values have been raised for most cuts of beef, lamb and veal. There won't be as much meat available to homemakers during February as they were able to buy during the months of December and January. OPA officials tell us that the total retail meat supply in January was approximately one billion, six hundred million pounds... the February supply is estimated about 2 hundred million pounds less. Approximately half of the February supply will be pork...beef will make up the next largest proportion.

Most pork cuts, except the choicest pieces which are becoming relatively scarce, will remain at the same low values. Loin roasts, center and end chops and tenderloin are raised one point.

Beef steak cuts are raised two points per pound. Most of the other cuts of beef, including roasts and stews are increased one point. Veal lamb, and mutton items also show an increase of from one to two points.

CHEESE....All cheeses made a substantial jump in point values. This is because of the great consumer demand in relation to the supply. For example, the demand for cream cheeses has been running about 50 percent higher than the amount that is allotted to civilians. Therefore, the February brown stamp chart lists cheddar cheese at 12 points, cream cheese, creamed cottage cheese and neufchatel at 10 points and swiss munster, bleu up to 12 points a pound.

FATS AND OILS....Although record breaking hog slaughterings have brought large amounts of lard to the market, great quantities are needed for war purposes as a substitute for the relatively scarce vegetable oils. During the past couple months, purchases of lard exceeded the amount allotted for civilians by about 12 percent. Therefore, the increase of one point...which brings lard up to three points a pound...is expected to bring the demand closer to the civilian supply.

CANNED FISH....The best point value news for February is the four point cut in canned salmon and all other canned fish except oysters. You will be interested to know that surveys indicate the typical homemaker spends about 11.2 points per week on meats, using the remainder of her 16 brown points for butter, cheese, fats and canned fish. Assuming the same types of meat are bought, this amount of brown points will be good for about 2.2 pounds of meat per week during February as against 2.7 pounds under former point values.

CANNED FOODS....Most of the February news of brown stamp foods may have been disappointing to the homemaker. But she will be glad to know that the point values of all major canned vegetables are reduced. However, OPA denies that there will be a "point holiday" for canned foods. Adjustment of point values from month to month is determined largely by a monthly budget based on the government's estimate of each food available for rationing. When the food moves too slowly the point value decreases.

Among the canned fruits that have been reduced are cranberries and sauce, grapefruit, apricots, plums and prunes. Applesauce, fruit cocktail, peaches, and pears have been raised in point value. Asparagus, all dry varieties of beans, soybeans, fresh shelled beans, beets, corn, spinach, green leafy vegetables, mixed vegetables, mushrooms, and tomatoes lead the parade of the vegetables that have been reduced in point value. Pure grape, fig, and plum jellies and jams are reduced, too.

Frozen baked beans are appearing in most grocery stores where there are facilities for frozen foods. As these are relatively new to the majority of women, they need an introduction. You'll want to remind your listeners that these beans are a great time saver because they're already cooked...they just need to be heated and served. And another thing in their favor is that they are ration free.

AMERICAN FOOD TO THE RESCUE

"American food is one of the most powerful resources on our side in this global struggle. On all fronts, on every ocean and every continent, American food is being employed as a major element in the grand strategy of the United Nations", according to Roy F. Hendrickson (former director of FDA, now deputy director general of the United Nations Relief and Rehabilitation Administration). American food helped Britain hold on during the dark days of 1940... it helped the Red Army turn the tide at Stalingrad...and it played a part in the Tunisian and Sicilian campaigns. Our food made the battles easier and cheaper in lives.

As the demands for American food have increased since the war, a system of allocation has been set up. First the American civilians have to be provided with an adequate diet to meet the minimum standards formulated by the National Research Council. Second, our armed forces must be provided with all the food they need. And Mr. Hendrickson emphasizes that the soldier in uniform eats more than he did in civilian life...he needs more. And, in addition, to meeting his immediate needs, we have to maintain large reserves of food for unexpected wartime needs. At the present time we have the best fed army and navy in all history...and of course, we want to continue feeding our armed forces well. The constant repetition of hard tack, corned willy, and beans has disappeared from the G. I. menu...and a close replica of home cooking has been accomplished. Today's American fighting man, wherever he may be, gets a good, nourishing, well-balanced ration three times a day.

The third requirement for American food comes from our Allies and other groups engaged in direct war effort. Mr. Hendrickson says, "Hitler could not offer food, he had to take it away to feed his own starving 'supermen'. Japan has forced the Chinese to leave their rich coastal area and scratch a scanty living from the hills and plateaus. The United Nations are already shipping some food into Hitler's fortress Europe."

Mr. Hendrickson gave Greece as an example of the countries we are helping. As Greece has very few resources, the Germans feel no responsibility for feeding these people. As Greece was not a part of the Nazi war machine, the Allies agreed that limited quantities of these essential supplies would not aid the enemy. Therefore, early in 1942, arrangements were made through diplomatic and military channels...and in March 1942 the first ship left with flour, medicine, and vitamins for Greece. Now there are about three ships leaving every month...carrying grain, foodstuffs, medicine, clothing, wheelchairs, artificial limbs, and other vital necessities for the unconquerable Greeks. These ships cross the ocean with lights ablaze and special floodlights on the flags. The flag of Sweden and the flag of the international Red Cross. At the present time these ships are carrying approximately 12 million pounds of food every month from the United Nations...not counting medicine and other necessities.

Each nation that we take back from the enemy brings with it a responsibility for relief. It is estimated that it will take 10 to 15 years to repair the ravages of famine in Greece, especially among the children and young people. In the Pacific Island area the problem is not so acute because of the rich and productive soil. But we will find many people in China looking to the Allies for food and medicine.

Mr. Hendrickson says, "We are not trying to feed the world. We are trying to furnish large enough quantities of food in the right places to shorten the war and make easier the jobs of building a good peace."

A PROBLEM IN DIVISION

Information about large amounts of American food being shipped to our Allies and friendly countries has caused some U. S. consumers to wonder about the available civilian supply. In a recent address, Dr. Norman Leon Gold, Chief, Civilian Food Requirements Branch, Office of Distribution, WFA emphasized that civilians were still receiving adequate amounts of food. Dr. Gold said, "Each year new records in total agricultural production have been achieved. As a result the out-put of food also made new records. It is true that the military needs expanded and the Lend-Lease program grew. But civilians got their fair share and in fact, the major part of the food. Over 95 percent in 1941, over 85 percent in 1942, and somewhat over three-quarters of the total in 1943. Moreover, because total supplies were expanding each year, the 1943 civilian share was very little different from the 1941 supply. On a tonnage basis, commercial food supplies were probably greater in 1943 than in any other year in our history. On a nutritional basis, the 1943 record shows improvement in every essential nutrient."

As far as we can see, we will continue to be very well fed in 1944. We will continue to have about 75 percent of all the food produced in this country. In fact, about 90 million tons of food will be distributed to domestic channels during 1944. In order that the civilian food supply is divided into equal shares, rationing has been necessary. According to Dr. Gold, foods are rationed because (1) the quantity available is very much below our customary consumption levels or (2) because the consumer demand at ceiling prices is far in excess of the available supply. For instance, the average consumer would probably buy 160 to 170 pounds of meat during the year if he could get it. Only 132 pounds are available for each civilian, so meat rationing will keep the demand close to the supply. Consumers would buy at least 30 percent more canned goods than currently can be made available...if canned goods were not rationed. We have only three-fourths of the cheese that consumers would like to have.

Another step that has to be taken in order to insure an equal distribution of civilian foods is the arrangement of food for special groups...such as school lunch programs, workers in industry, babies, mothers and invalids. About 4 million children are getting a fully-rounded, nutritious noon meal under the school lunch program. This will pay dividends for years to come. Special canteens have been established for industrial workers. Already approximately 8 million workers are getting extra energy through these meals or snacks.

A third problem in distributing civilian food is the problem of getting large quantities of food in the areas where it is needed the most. For instance, the population of some states has increased considerably since the beginning of the war...so the food needs have increased. Spreading the food equitably to all consumers is obviously the objective.

From time to time, releases of food from the government set-asides--or stockpiles--supplements civilian food supplies. When this happens, an effort is made to pass these supplies into the civilian market through normal channels.

Dr. Gold said that our own domestic consumption has increased considerably since the beginning of the war. Compared with the pre-war average for 1935-39, the record of 1941 and 1942 shows an increase of 13 percent in meat consumption, 54 percent in poultry consumption and 15 percent in egg consumption. In the peak year of consumption since 1939, canned fruit juice sales nearly doubled and other canned fruits went up about 25 percent.

Dr. Gold ended his talk with a word about post-war planning. "Back in the 1930 s we used to talk about the challenge of under-consumption. We used to think that we would need millions of additional acres of land to supply the increased billions of pounds of food that civilians would consume if given the opportunity. That theory is much more of a proved fact now. It offers a great promise to us for the post-war world. It establishes objectives for a good and lasting peace."

COMING UP

Here is a list of unrationed foods which should be relatively abundant during February, in all sections of the country. This information should be helpful in planning recipes, menus and other food suggestions.

Cabbage	Citrus Marmalade
Eggs	Wheat Breads
White Potatoes	Rye Bread
Fresh Oranges and Grapefruit	Enriched or Whole Wheat Flour
Canned Green and Wax Beans	(Including self-rising and processed)
Frozen Vegetables (Excluding	Cereal Breakfast Foods
Corn, Peas, and Lima Beans)	Soya Products (Including Flour, Grits
Peanut Butter	and Flakes)
	Biscuits and Crackers

DRIED APRICOTS FOR HOSPITALS

Part of the 1943 pack of dried apricots...which had previously been reserved for the armed forces and other war uses...has been released for civilian hospitals. Dried apricots are important for hospitals because of the large amounts of vitamin A and iron they contribute to the diet. They are especially suited to the soft diet required for many hospital patients, and they add color and variety to the limited range of foods permitted on this type of diet.

Civilian hospitals will be eligible for dried apricot allotments based on the average number of patients served daily in 1942. Hospitals desiring allotments should apply to the regional Office Of Distribution, WFA.

MAKING PLANS FOR THE CABBAGE CROP

Recently, the Kraut Industry Advisory committee and the WFA met to discuss ways and means to turn some of the southern cabbage crop into kraut. Last year, there was not much kraut for civilians because the kraut crop was the smallest on record, and about 90 percent of this amount was taken by the armed forces. On the other hand there is an extremely large production of cabbage expected in the southern states this year; so consumers will be glad to hear that WFA is taking steps to encourage the manufacture of some of this indicated record crop for kraut to meet the demands for this product.

The kraut packers indicated that the suitability of southern cabbage for kraut making would be improved if the growers would leave the cabbage in the fields until mature and hardened.

REPORT OF THE HOME FOOD PRESERVATION CONFERENCE

Probably you have been hearing about the conference on home food preservation held in Chicago between January 13-15. Here are a few of the important recommendations made by the various committees:

1. Safeguards essential in home food preservation

Warning should be given against oven canning because of danger from explosions and danger of underprocessing. While the open kettle method is generally satisfactory for making relishes, preserves and jams, it is not recommended for canning any food, whether tomatoes or fruits, non-acid vegetables, meat, fish or poultry. The boiling water bath (when the jars are completely covered with boiling water throughout the processing time) is recommended for tomatoes, tomato juice, rhubarb, fruits and fruit juices. Only the steam pressure canner, correctly used, is recommended for all low-acid vegetables and meat, fish and poultry.

2. Home canning supplies and equipment.

Recommendations were made that homemakers be given detailed step-by-step instructions for using all jars and other home canning equipment. Many of the canning accidents last summer came from women not understanding how to use the wartime-model jar tops and pressure canners. Homemakers should follow the manufacturer's instructions to the letter.

3. Community canning centers.

It was felt that all agencies engaged in educational programs on the food front should assist in the organization and development of community food preservation programs where there is a need and interest for it.

4. Supplementary methods of food preservation.

Additional methods of food preservation may be divided into four groups.. cellar storage, salting, dehydration and freezing. Storage is a method that requires little purchased equipment. It is mainly for bulky products such as potatoes and other root vegetables. Salting is adapted to preserving meats and non-acid vegetables such as cabbage, snapbeans, corn and greens. Drying of food for home use consists of placing the prepared products in the sun, in the oven, over the stove or in the attic until sufficiently dry for storage. Dehydration is the method of drying fresh fruits and vegetables in a specially designed tight fitting box under controlled temperature, humidity and air-flow. Quick freezing, and holding of certain foods in the frozen condition, is probably the most satisfactory method of food preservation from the standpoint of conserving nutritive values, palatability and appearance.

5. A co-ordinated program in home food preservation.

State and county meetings on food preservation were planned in order to promote a common understanding and plans of action. In addition, plans were made to keep the general public informed regarding programs and achievements of the food preservation program.

ALL DRESSED UP. READY TO GO PLACES

Packages of American food for shipment overseas are "all dressed up" with new labels. During the past year the FDA (now Office Of Distribution, War Food Administration) designed a standardized package label for food being shipped abroad. Previous to this, American foods were not identified so that the Russian, Arab, Greek, Italian, French or other recipients would know that the food came from the United States. The food went in cans or cartons with the contents, weight, lot number and contract number, and sometimes, with trademarks familiar only to Americans. No real identifying design on the label told that it was American food.

The WFA design gives credit where it is due. The design is based upon, but does not actually utilize, the American flag. Lend-Lease already has a symbol, involving the actual flag, which goes on all lend-lease foods. This complicated matters because at least 38 out of our 48 states have laws or statutes forbidding the sale of any goods with the American flag as a trademark, and it sometimes happens that food originally intended for Lend-Lease is finally distributed in the United States to meet an emergency or because lend-lease requirements change with changes in the battle areas. If the American flag were on the label, the produce would have to be repackaged before it could be distributed in the United States. As a result, the lend-lease symbol cannot be used on any foods except those which positively will not find their way into the domestic trade.

The symbol designed by WFA is made in red, white and blue making it even more typically American. In addition, to the English language, identification and instructions for use are in as many as fourteen foreign languages on a single package. Thus the package can be easily identified by the people receiving the food...no matter where they are or what language they speak.

WHAT'S IN THE MARKETS

LOS ANGELES

Vegetables: Best buys are Banana squash, turnips, celery, Number two grade white and sweet potatoes, rutabagas and romaine. Cauliflower is lower than a week ago. Among the bunched vegetables, beets and chard are moderately priced. Tomatoes, coming from the Imperial Valley and Mexico, are in fair supply.

Fruits: Avocados continue plentiful and have been gradually dropping in prices on the wholesale market. Plenty of oranges, grapefruit, lemons and limes are available.

SAN FRANCISCO

Vegetables: Cabbage, cauliflower, celery, broccoli, potatoes and the hard type of squash are still the best buys among the vegetables at prices that are just about the same as last week. The hard type squash, good for pies and baking, is especially plentiful.

Large supplies of Banana squash are reported in the hands of producers and increased use of this vegetable will help prevent some of it from going to waste. It has been one of the lower priced items on the market for several months.

Fruits: Smaller sized oranges have now become a best buy particularly if the fruit is desired for juice. Grapefruit and avocados are also well stocked on the market. Watsonville Newtown apples are in moderate supply but selling at a small increase over last week.

PORTLAND

Vegetables: Cabbage, cauliflower, carrots, celery, white potatoes constitute the recommended buys. Lettuce prices show little change and may be at the lowest level for some time.

Fruits: Citrus fruits are in ample supply with lower prices on small size oranges. The grapefruit market has strengthened with advanced prices on Texas Pink and Ruby Red varieties. Prices on hothouse rhubarb from Washington and avocados from California have edged up a bit the past week.

RESTRICTION OF CHEESE-FDO 92

In order to obtain the most efficient use of the nation's milk supply, the WFA has issued FDO No. 92. This order restricts production of all types of cheese except cheddar, pot and bakers, to the quantity produced in 1942, so that the milk supply may be further conserved. (Deliveries of cottage, pot and bakers' cheese already have been limited under the milk conservation order...FDO 79). This action leaves only one kind of cheese...American cheddar...with unlimited production.

WFA officials say that it is hard to predict the exact effect this order will have on the civilian supplies of cheese, because of the variable conditions such as weather, total milk output, and the effect of other milk orders. However, civilians have been receiving and are now getting about 30 million pounds of cheddar cheese a month. In addition, during 1943 they received an average of 17 1/2 million pounds of cheese other than cottage and cheddar each month. After February 1st the average quantity of other than cheddar available for civilians is estimated around 16 million pounds a month.

Rationing Dates

Green Stamps Book 4

Processed Foods....G, H, J expire Feb. 20

Sugar....Book 4

Stamp 30 expires March 31

Brown Stamps Book 3

(Meats, Fats, Oils, Cheese, Butter)

V valid Jan. 23 expires Feb. 26. Brown Stamp W valid Jan. 30, expires Feb. 26

WESTERN REGION FOOD SUGGESTIONS #45

One to two-point increases have been announced for February on most cuts of beef, lamb and veal, on pork loin cuts and cheese. As these point increases are on protein commodities, this week's Food Suggestions deal with alternates and extenders of meat.

PROTEIN FOODS

Protein is necessary for building, repairing and maintaining body tissues.

Nutrition authorities recommend $\frac{1}{2}$ to $\frac{2}{3}$ gram per pound of body weight as the daily protein requirement. A man weighing 155 pounds requires about 100 grams or 3.5 ounces of protein daily. Because of the superiority of animal protein, at least one-half of the protein requirements should be of animal origin: milk, cheese, eggs, liver, lean meat, fish and poultry.

MEAT ALTERNATES

Soybeans, though a vegetable, furnish protein values similar to meat.

The following foods provide an adequate or second class protein: dried beans and peas, nuts, peanut butter, cereals and breads. If enough of the second class protein foods plus milk are eaten daily, the body can usually get its protein needs.

MEAT EXTENDERS

Unrationed cereal foods, breads and spaghetti combined with meat not only make more quantity but make the most of the meat. Cereal and soybean products can be used to stretch meat in patties, meat loaves and biscuit crusts on meat pies. Meat may be stretched by using with dressing, vegetables, dumplings, spaghetti macaroni or rice.

MAKING MOST OF MEAT POINTS

Choose meats carefully. The solid cuts with little bone are more economical point value buys.

Use less familiar, low-point variety meats: kidneys, hearts, brains, liver, tongue, sweetbreads. Lamb and mutton stew meats also require few points in February.

Unrationed fresh fish, poultry, and eggs are equal to meat in protein content and also contain similar minerals and vitamins. (Expectancy for all poultry supplies is the same in 1944 as in 1943 with perhaps more turkeys. With additional vessels for the nation's fishing fleet - and fewer enemy U Boats - more fish should be available. Eggs are a present "best buy" on the food commodity list.)

MENU SECTION

Based on current food supplies and suggesting ways to extend meat allowances

Breakfast

Grapefruit Halves
Buckwheat Pancakes, Syrup Pork Sausage
Coffee Milk

Lunch

Split Pea Soup
Peanut Butter Sandwiches
Cocoa Home-canned or stewed fruit

Dinner

Baked Fish or Scalloped Tuna
Creamed Potatoes Baked Banana Squash
Diced Oranges, Lettuce and Romaine Salad
Beverage Apple Crisp

Breakfast

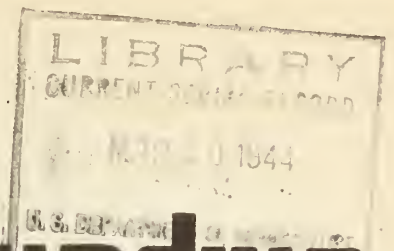
Orange Juice
Scrambled Eggs with Toast Cubes
Coffee Milk

Lunch

Broiled Cottage Cheese Sandwiches
Fruit Salad
Milk, Tea Cupcakes

Dinner

Kidney Bean Loaf
(Using cooked kidney beans, diced carrots, onions, celery, canned tomatoes)
Cauliflower Carrot and Raisin Salad
Enriched Bread Butter or Fortified Margarine
Custard or Chocolate Pudding



Radio Round-up

on food...

Service
For Directors of Women's Radio Programs

San Francisco, California
February 5, 1944

IN THIS ISSUE

DAIRY PRODUCTS FOR THE HOME FRONT....During the present year, civilians will be allowed slightly more than twelve pounds of butter, about four pounds of cheese and the same amount of evaporated and condensed milk as they received under rationing during the past few months. Allocations based on present production.

RECIPE CONTEST....The American Federation of labor is sponsoring a recipe menu contest to further the WFA program for better nutrition. Menus must be based on Basic Seven Food chart and include recipe for principal dinner dish.

BAKED BEANS "ON ICE"....These are a real timesaver for the homemaker. The beans are thoroughly cooked and only need to be heated. Some have molasses already added, others may be packed with tomato sauce.

SHOPPING LIST IDEAS....Banana squash, an alternate food for all those who like sweet potatoes and pumpkin, is now in abundant supply. Consumers are urged to use more of this yellow vegetable within the next month. Eggs, the medium and small sizes continue as a better buy. Small size oranges are Vitamin C bargains, pound for pound they contain as much juice as the larger oranges.

WINTER SQUASH....Though this vegetable needs special consumer attention on west coast, it has been one of the lower priced food items in all western states for many weeks.

US Department of Agriculture
Food Distribution Administration

BANANA SQUASH....Abundant supplies of Banana squash now on the market need further consideration of consumers. Last year the market was helped by large tonnage purchases by the Army. Since this vegetable is relatively perishable, the Army has confined its purchases to small lots this year. This fact, plus about a 25 percent increase in acreage, has resulted in the present stock of banana squash. Attached to Radio Round-up is a circular suggesting uses of this plentiful vegetable. This circular is taking the place of "Food Suggestions," a weekly feature of Round-up.

ORANGES....Small size oranges offer a real bargain now. As far as Vitamin C content is concerned, the size does not make any difference. Pound for pound, small and large oranges yield equal amounts of juice.

WINTER VEGETABLES....The January 10 Commercial Truck Crop report by the U. S. Department of Agriculture indicates that vegetables grown in the winter truck gardens of Florida, Texas, Arizona and California are at an all-time high. The winter harvest is 37 percent greater than in 1943 and 17 percent above the previous high record of 1942. Cabbage leads the list with tonnage double that of last year. Large increases are also recorded for celery, spinach, cauliflower, kale, beets, lettuce, snap beans and shallots. Carrots show a 3 percent decrease from last year. Artichokes, eggplant and green lima beans are also lighter.

CANNED FISH....The recommended allocation of canned fish for the 1944-45 fiscal year will provide civilians with approximately 25 percent more canned fish than they had in 1943-44.

EGGS....Medium and small eggs still a protein food bargain.

RATIONING DATES

Green Stamps (Book 4)

(Processed Fruits and Vegetables)

Stamps G, H and J valid through Feb. 20. Stamps K, L and M valid through Mar. 20.

Brown Stamps (Book 3)

(Meat, butter, fish, cheese, edible fats and oils, canned milk.)

Stamps V and W valid through February 26.

Sugar (Book 4)

Stamp 30 valid for five pounds through Mar. 31. Stamp 40 valid for home canning through Feb. 28, 1945.

BUTTER ALLOCATION

U. S. citizens--civilians plus the men and women in the armed forces--will get 94 out of every 100 pounds of the 1944 butter supply. Civilians will be allowed slightly more than a pound of butter a month for the present year. (This does not mean that each homemaker's ration of butter will be limited to a pound a month. This is just a per capita average--some civilians will naturally have more butter and others less.) Although this is less than the amount of butter allowed civilians last year, the difference is so slight that the average person won't be able to notice the change. It is a decrease of only about one-third of a pound per person over the year.

As allocations are based on estimated supplies, they are definite for only 3 months at a time although they are planned tentatively for the total year. The figures may be revised upward or downward according to changing situations. For instance, the War Food Administration is working now to halt the trends which are diverting milk away from butter. Last week an order was issued to restrict the production of all cheese other than cheddar (cottage, pot, and bakers' cheese were already limited) to 1942 levels. Some of the milk conserved by this action may be re-diverted to butter. If other trends to divert milk away from butter are stopped and if farmers reach the 121 billion pound milk goal set for 1944, the butter supply may be larger than now estimated.

During 1944, the allocation for the armed forces and for the war services will provide almost 1/2 pound of butter a week for every man. The figure was worked out by using the army ration as a base. Although this quantity is a slight decrease in the amount of butter allowed for each serviceman, the total allocation of butter for the armed forces is much greater than the allotment for 1943--about 120 million pounds more. This increase was necessary because of the growing size of the armed forces. The war services allocation has also been increased because some of the supplies going to post exchanges and contract schools which formerly came out of the civilian allocation, will now come out of the military allocation.

About one out of every 100 pounds of American butter will go to Alaska, Hawaii, Puerto Rico, the Virgin Islands, the Red Cross, some friendly nations where American workers are doing construction work and to the contingency reserve. Also a small percentage of our butter supply goes to the Russian armed forces. This quantity does not meet Russia's requirements--not even their military requirements--but only the amount the U. S. can reasonably supply in view of other needs. Almost all of the butter sent to Russia is distributed to front line shock troops and to military hospitals. Russia is the only one of our allies to whom we send butter under lend-lease. Great Britain is able to import her requirements from other countries under reverse lend-lease; our armed forces receive about 20 million pounds of butter a year from Australia and New Zealand.

RAISINS FOR CIVILIANS

An additional 54 million pounds of raisins from the 1943 crop will be made available to civilians through regular trade channels. This makes a total of 336 million pounds of raisins released to civilians from the 1943 pack. The new allocation is being made to civilians because the present supply of raisins will fill military, civilian and lend-lease requirements.

BAKED BEANS--20TH CENTURY STYLE

A modern dinner of baked beans is not such a problem for the present day homemaker as it was in grandmother's day. Because many of today's homemakers are doing a war job in addition to their regular home duties, they will be glad to hear about frozen baked beans. These beans are ration free. By using these frozen baked beans, a busy 20th century homemaker can prepare a traditional dish of baked beans in a few minutes.

Of course, the method of cooking varies slightly with the different brands. Some of them have molasses added--and others may be packed with tomato sauce. However, all of them have been cooked thoroughly--they just need to be heated. If your listeners prefer to heat them on the top of the stove, suggest that they put the package of frozen beans in a sauce pan with 2 tablespoons of water.

Some homemakers will prefer to serve the frozen baked beans in the traditional way--that is, in a piping hot bean pot just out of the oven. For additional flavor, some homemakers will want to add molasses, chili sauce, mustard or onion while heating the beans. Slices of bacon across the top of the bean pot will not only add flavor to the beans, but also make a more attractive dish.

Don't attempt to refreeze them. Better results will be obtained if they are used right away. Heat them in a covered sauce pan slowly for about 15 minutes.

VITAMIN A ALLOCATION

A recent announcement by WFA reported that civilians will receive more than 63 percent of the total 1944 commercial production of Vitamin A. This is about the same amount as they received in 1943. As servicemen get most of their vitamins through a nutritionally balanced diet, only about 4 percent of this vitamin allocation will go to the U. S. military and war services. Export and shipments to our territories, allies, and other friendly nations, and a contingency reserve for emergency war purposes require about 33 percent of the supply.

Vitamin A is one of the most important nutrients because it aids in the prevention of night blindness. It is especially vital to our flyers and war workers on the night shift. Naturally, most nutrition-minded homemakers try to follow the basic seven chart which suggests foods that supply sufficient quantities of Vitamin A. The main foods naturally rich in Vitamin A, are the yellow and green vegetables, liver and eggs, and butter. Synthetic Vitamin A is needed to enrich some of the foods that are not naturally rich in this vitamin. For instance, synthetic Vitamin A is needed to fortify margarine. In addition, it is used for other food enrichment and pharmaceutical uses, especially for babies.

FATS AND OILS ALLOCATED

Civilians will have about the same quantity of fats and oils during 1944 as they averaged during the last six months of 1943. Approximately 44 pounds of edible fats and oils will be available per person throughout the year. The present estimates indicate that there will be slightly more than 12 billion pounds available for allocation. Over two thirds of this total will be used as food and divided like this--69 percent for civilians, 9 percent for military and war services, 21 percent for our allies, and one percent to be set aside as a reserve. A large part of the fats and oils allotted to non-food purposes will be used in the manufacture of soap.

VICTORY RECIPE MENU CONTEST

Seven hundred dollars worth of war bonds and stamps will be given for prize-winning recipe menus in a contest conducted by the American Federation of Labor in cooperation with the WFA.

This is in keeping with WFA's program for better nutrition and proper use of food. The contestants will have to write a menu for one entire day planned around the seven basic food groups, and include a recipe for the principal dinner dish. The contest ends April 30, 1944. The judges of the contest include a representative from the WFA, two nationally known food columnists, a consultant to the Agricultural Research Administration, and an officer of the American Dietetic Association.

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available on three west coast wholesale markets

LOS ANGELES

In good supply: Banana and Table Queen squash, number two grades of sweet and white potatoes, turnips, rutabagas, cabbage, celery, broccoli, carrots, cauliflower and lettuce, small size oranges, grapefruit, avocados.

In moderate supply: tomatoes, chard, beets.

In light supply: artichokes, cucumbers, apples, bananas, green beans, peas, strawberries, pears, pineapples, rhubarb, Italian and white squash, green onions, garlic, mushrooms, peppers.

SAN FRANCISCO

In good supply: Banana squash, lettuce, broccoli, cabbage, cauliflower, carrots, celery potatoes, and citrus fruits.

In moderate supply: tomatoes, Brussels sprouts, spinach.

In light supply: Northwestern apples, artichokes, soft type squash, peas, peppers.

PORTLAND

In good supply: Banana squash, cabbage, celery, lettuce, citrus fruits.

In moderate supply: rhubarb, carrots, potatoes, spinach.

In light supply: artichokes, bananas, cucumbers, pears, peas, beans, onions, apples, peppers, sweet potatoes, tomatoes.

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MAKING ROOM FOR MEAT

A larger quantity of frozen fruits will be available to bakers, ice cream makers and other manufacturers. WFA is asking the cooperation of the ice cream and baking industries at this time so there will be more freezer space for meat, even though this temporary increase does not set up the total supply that will be available under rationing. Any increase in use allowed now will be deducted later from industrial use allotments.

Primarily affected by this announcement are manufacturers making industrial use of bulk frozen fruit. Preservers and other processors do not need permission to use extra frozen fruits since their ration is not limited to stated periods. Now that most frozen vegetables are point free, hotels, restaurants, and other commercial eating places that can make use of bulk containers, can assist in moving these foods out of storage.

SLICING THE CHEESE

This year total supplies of cheese for civilians will average a little over 4 pounds per person. This means we can use cheese at about the same rate we have been using it since rationing began.

Although civilian supplies of cheddar cheese will remain about the same, other types of cheese going to civilians will be slightly less than last year.

Six percent of the total cheese supply will be set aside in a reserve to meet emergency civilian and war requirements and to allow for possible shifts in production estimates. Civilians in the U. S. territories will be allotted about the same quantity as they ate in 1943---about 6 1/2 million pounds.

The amount of cheese allocated for servicemen is increased about 5 million pounds. In addition, it is estimated that about 65 million more pounds of cheese will go to our allies and the Red Cross. Most of the Red Cross cheese will be used to feed the U. S. prisoners of war. Escaped prisoners have stated that the weekly Red Cross food packages not only maintain morale, but life itself.

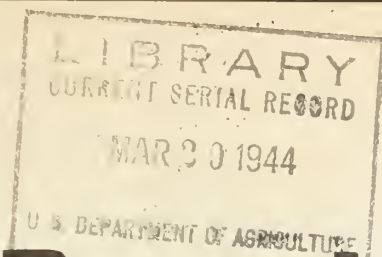
As yet, no American cheese has been allocated for relief feeding in the liberated areas. Storage facilities in those countries are probably not adequate for proper care of cheese.

ALLOCATION OF CONDENSED AND EVAPORATED MILK

The civilians' share of evaporated and condensed milk for 1944 will remain about the same as under rationing during the past several months. About 53 out of every 100 pounds of evaporated milk have been allocated for domestic consumers. This means that there will be slightly more than 13 1/2 pounds of evaporated milk for each civilian--or this breaks down to about 15 of those 14 1/2 ounce cans. A little less than 3/4 of the total supply condensed milk has been allocated for civilians. Of course, some people use a great deal more canned milk than others. Therefore, the per capita estimates give the total supply picture rather than actual levels of consumption.

U. S. military and war services will receive 28 out of every 100 pounds of evaporated milk. This is 379 million pounds more evaporated milk than they received last year. The increased military allocation reflects primarily an increase in the number of men overseas. As soldiers leave the U. S. the fluid milk which they have been drinking must be replaced by such dairy products as evaporated milk and milk powder which can be exported satisfactorily.

Smaller quantities of condensed and evaporated milk have been allocated for export to our territories, Russian liberated areas, friendly nations, the Red Cross and British military services overseas:



Radio Round-up *on food...*

A Service
For Directors of Women's Radio Programs

San Francisco, California
February 12, 1944

IN THIS ISSUE

CABBAGE--A VICTORY FOOD SELECTION....With the winter crop of green cabbage half again as large as any crop in previous years, this abundant vegetable has been designated a victory special from February 24 to March 4. Homemakers are urged to use this inexpensive and vitamin-mineral rich commodity frequently in the weeks to come.

SCHOOL LUNCHROOMS....Over 400,000 children in the nine western states, Hawaii and Alaska are now getting hot, nutritious noon-day meals at school as a result of the Office of Distribution, WFA indemnity program. These lunchrooms assure children of one-third to one-half of their daily food requirements and are a boom to working mothers.

PLENTY OF VEGETABLES "ON ICE"....Civilian supplies of frozen vegetables during the next few months will be greater than ever before...28 million pounds over the pack year July 1942-43. All are point-free except corn, lima beans and peas.

"A" AWARDS TO FOOD PROCESSORS....First awards made to western processors for outstanding achievement in the canning and drying of foods for civilians and armed forces.

POWDERED MILK....Most of the dried and powdered milk made during 1944 will go to war purposes. Dried milk is one of main products giving our fighting men and allies the high food value of milk.

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS IN THE WEST

CABBAGE.... A bumper crop of cabbage is on it's way to market, from fields in Arizona, California, Florida and Texas. This crop is half again as large as any winter crop of green cabbage ever produced. As a result, cabbage will be an abundant food and has been designated by the WFA as the nation wide Victory Food Selection during the period Feb. 24 - March 4.

The term Victory Food Selection means that the food is abundant and Uncle Sam wants it used now, and used freely. Broadcasters are urged to tell consumers that by using cabbage they will be taking pressure off less plentiful foods. At the same time the homemaker will be giving her family a palatable combination of necessary vitamins and minerals.

Some of the cabbage now pouring into the market will be dehydrated and sent to our armed forces abroad and to our allies. Much will be served to armed forces here. A small amount will be used to replenish the kraut supply which is rather low at this time, but that still leaves a big balance to be incorporated into wartime menus.

Cabbage is valuable "currency" for the nation's food bank. It is rich in Vitamin C and contains some Vitamin B₁ (thiamine), Vitamin B-2 (riboflavin), and niacin. The new green cabbage adds Vitamin A to that opulent list as well as the minerals...calcium, iron and phosphorus.

For food value and delicious flavor, raw cabbage dishes are best. When used raw, cabbage should be as fresh as possible. However, it stores well in cool, dry places. Cabbage should never be soaked. If it is cooked, add meat flavor for zest and variety or scallop it, cook it in milk, or pan it. Raw cabbage in salad combines with other vegetables and dried fruits.

In fact, cabbage deserves special attention from Feb. 24 - March 4.

CARROTS.... Late winter and early spring crops from Arizona and California are in good supply. There is no difference in food value between the topped and bunched carrots.

POTATOES.... There are still plenty of white potatoes from the 1943 crop. Also small quantities of the 1944 spring crop are arriving. Prices continue reasonable. Besides energy-giving carbohydrates, potatoes contain a fair amount of Vitamin B and C. Preferred methods of cooking are boiling (with skins on) and baking.

ONIONS..... Continue in limited supply. The storage stocks remaining from the short 1943 crop are being spread as evenly as possible during the present period before the early 1944 crop comes to market. The 1943 production was not sufficient to meet all requirements, and military demands were exceptionally heavy.

RATIONING DATES

GREEN STAMPS (BOOK 4) Processed fruits and vegetables.

Stamps G, H and J valid through Feb. 20. Stamps K, L and M valid through Mar. 20.

BROWN STAMPS (BOOK 3) Meat, butter, fish, cheese, edible fats and oils, canned milk.

Stamps V, W and X valid through Feb. 26.

SUGAR (BOOK 4) Stamp 30 valid for five pounds through Mar. 31.

A PEEK AT PEKIN AND PEORIA

In the past few weeks you have been hearing reports about a national community food preservation conference. Some reports have mentioned Pekin, Illinois while others have told about a conference at Peoria, Illinois. The use of two names may have been confusing; so we'll give you the facts as to exactly where and when the conference was held.

The community food preservation conference at Pekin and Peoria were one--that is, meetings were held at both places from January 17th through January 28th. The main conferences were conducted at Peoria, but the cannery at Pekin was used as a training center where people participating in the conference were given actual practice in operating the equipment and canning food.

The national food preservation workshop training conference was sponsored by the Office of Distribution, Extension Service, and the Office of Education. It brought together representatives of the various agencies and groups interested in community food preservation in order to discuss program planning. In addition, it actually trained those attending to conduct similar workshops at regional and state levels.

Highlighted at the conference was the need of organized effort for directing programs on a state-wide basis for the purpose of giving full coverage to all communities, to obtain the proper type of equipment, and the best arrangement for maximum production in any one unit. An interesting fact brought up at the conference is that five universities represented have already taken steps to establish canneries on their campuses where supervisors of community canneries as well as students at the universities can obtain training in setting up and operating centers.

Dean Chapman of the University of Georgia, one of the speakers, brought out a number of interesting facts regarding the community food preservation program in Georgia which began about 16 years ago. He stated that there are now more than 500 community food preservation centers in operation in that state. Last year they were used by one-third of all the families in the state. He pointed out that food preservation in the home is thought of as a woman's work. In community canneries, however, the whole family participates as was shown in a recent Georgia survey---50 percent of the work was done by women, 35 percent by men, and 15 percent by children. The participation of the whole family not only lifts the burden from the homemaker's shoulders but provides a social benefit in bringing together families of the neighborhood in a common effort.

One of the far reaching benefits provided in community food preservation centers in Georgia, which other communities might well consider when setting up their centers, is that of making it possible for the low income groups who are in greatest need of the nutritional benefits of such a program to do their canning without any cash outlay usually by leaving a percentage of the finished product as a toll. This food is then made available for school lunch programs.

You might suggest to your listeners that the most effective way of getting a community canning center organized is to find a civic group to act as a sponsor. The sponsor usually takes the initiative in planning the project and organizing the community, often through a general community meeting at which a committee is elected. Then available it is well to include on such a committee a businessman, a trained home economist, a vocational agricultural teacher, an engineer, a newspaper publisher, a health officer, or physician and members of civic organizations.

garden clubs, school boards and local government.

Within the near future a bulletin on community food preservation centers will be distributed by the Office of Distribution. This will include more detailed information about the actual planning and operation of the centers. We will let you know when copies of this bulletin are available.

WHAT A DIFFERENCE A YEAR MAKES

It has been almost a year since fats and oils went on the ration list. Within that time American homemakers have been adjusting their cooking habits according to their allotments of ration stamps. As fats and oils take the same color ration stamps as meat, cheese, and canned milk, homemakers had to decide how many stamps to allot each group of foods.

In order to determine what changes the rationing of fats and oils has made in the diet and in the preparation of food, the Bureau of Agricultural Economics recently made a survey in four counties of the southeastern part of the United States. The people in this area are large users of fats and flour in home cooking. The survey included rural and small town areas, in addition to one large southern city.

Ninety three percent of the homemakers interviewed had changed their baking, cooking, and frying habits since the war. Elderly couples whose health required special food, and rural and suburban families with little cash income but a larger than average quantity of home produced foods were the only ones which reported no change.

Rationing of fats and oils brought about changes in both the methods of frying foods and the amounts of food fried. The most common change in method was to fry with less grease and use the grease over again. Several women said they have been doing more boiling, stewing, or broiling foods since rationing and less frying, in order to save fat.

Before the war, ninety percent of the women bought some bread and made some. They differed greatly as to the relative proportion of purchased and home baked bread. About half the ones interviewed had changed their bread habits since rationing. Most of these people who changed make less bread now. The reasons for baking less bread varied. One homemaker bought more bread in order to cut down on the use of lard so she would have more ration points to buy canned milk for her baby. The rising cost of shortening, eggs, and other ingredients caused some families to eat more store bread. Some women bake less bread because there were not enough members of the family left at home to make baking worthwhile--the boys were in the armed forces, and others were working in war plants away from home. But the main reason for less home baked bread was the rationing of fats and oils. In order to have more meat for their families, homemakers cut down their purchases of fats and oils.

A few women who made more bread thought it was cheaper to satisfy large appetites with homemade bread. Typical of a few rural or small-town homemakers who baked more for patriotic reasons was the farm woman who said, "Country people cook about the same...I do bake more. I get the flour and don't buy bread now because I feel others need it."

According to these interviews, a striking decrease in baking cakes and pies has taken place because of sugar rationing, rather than the rationing of butter and shortening. Some of the women said they had made about two or three cakes and pies throughout the past year, while they formerly made these products once or twice a week.

About half of the city dwellers interviewed had too few red-brown stamps to maintain the same cooking practices as before meat rationing. Most of the rural homemakers, on the other hand, were better off because more of them produced their own lard, butter, and meat. They often had unused points because they didn't like to bother with stamps, and they liked to be self-sufficient and independent of stores and rationing. One rural homemaker proudly said, "I try to live out of my own garden. I have my own vegetables, chickens, eggs, milk, butter, beef, pork, lard and mutton."

The amount of butter bought had decreased in both rural and urban areas since rationing. Shortages of butter in the stores was an important factor, but the main reason for buying less butter was to save points for other foods on the same color stamps.

This survey shows the homemakers in these four counties are patriotically adapting themselves to wartime food conditions.

SAVE EGG CONTAINERS

Eggs are plentiful. More eggs mean more egg cartons in many homes. Ask your listeners not to destroy these boxes. Salvaging egg cartons is more important than most folks think it is.

Probably the easiest way to salvage egg containers is to add them to the waste paper collection. Then the cartons will be re-processed along with the rest of the waste paper.

However, before a homemaker relegates empty egg cartons to the waste paper collection, it would be a good idea for her to check with her local grocer. He'll probably be interested in having clean, undamaged cartons make another-or several more trips-as egg containers. The egg men are also faced with a real problem when it comes to getting egg cases.

RICE ALLOCATION

The civilian share of rice will be about 6 pounds per person during 1944, slightly less than the per capita consumption during recent years. This means that civilians will have approximately 7 1/2 million 100-pound bags, or about 42 percent of the total supply of milled rice. Civilians will share the total prospective rice crop with the U. S. military and war services, our territories, our allies, and liberated areas.

Our military forces and war services have been allocated 6.8 percent of the supply. About 45 percent of the crop will go to our territories and our allies, other friendly nations and liberated areas, to offset drastically curtailed supplies from principal rice growing areas of the world. For instance, rice is a major item in the diet in Hawaii, Puerto Rico, and the Virgin Islands--and we expect to meet their minimum requirements for this year.

In the pre-war days, China, India, Burma, Thailand contributed the large proportion of the world's rice supply. Even in 1942 only slightly more than one percent of the world production of rice was from the United States. But today, the tables are turned. We are exporting rice to Canada, Cuba, the Caribbean defense zones, Hawaii, Puerto Rico, Alaska, Russia, and other friendly nations.

WHAT'S IN THE MARKETS

Fruits and vegetables currently available on three
West Coast wholesale markets

LOS ANGELES

Best buys: cabbage and cauliflower are plentiful and selling at slightly lower prices. Celery is in adequate supply with prices generally unchanged. Lettuce supplies have increased with the price dropping to a reasonable figure. Number two grade white and sweet potatoes are selling at much less than the number one grade. Other vegetables in the "best buy" class are carrots, turnips, rutabagas, banana squash.

Vegetables in moderate supply include: broccoli, beets, tomatoes, mustard greens, spinach, and radishes.

In light supply are: Eggplant, artichokes, brussels sprouts, garlic, mushrooms, cucumbers, peppers, onions, and peas.

In the fruit line, oranges continue in heavy supply, and the price of small sizes is rather low. Grapefruit is also plentiful. Avocados are slightly higher than a week ago, but are moving into the peak of the season.

In light supply are: pears, grapes, persimmons and rhubarb. Apples, inadequate in supply, are selling at ceiling.

SAN FRANCISCO

In the vegetable "best buy" class are: broccoli, cabbage, cauliflower, celery, potatoes and the hard type of squash. Prices are about the same as last week.

Tomatoes are increasing in supply and the quality of the ones from the Imperial Valley has been improving.

Lettuce has been in liberal supply and prices on the wholesale market are lower than a week ago.

The first indications of the spring crops are noted in light receipts of hothouse rhubarb from the State of Washington and the first few crates of asparagus from the Delta district of California. Prices are high but will decline as heavier receipts become available.

In the fruit line, oranges--especially the small sizes--, grapefruit and avocados are in liberal supply. Northwestern apples are rather scarce. Watsonville Newtowns are in moderate supply and are selling just a little above last week's levels.

PORTLAND

Prices of vegetables on the Portland wholesale markets have shown a higher tendency during the past week, but most commodities are selling below Government ceilings.

Vegetable bargains are: cauliflower from Oregon and California, lettuce from the Imperial Valley and celery from California. The white celery, due to lighter supplies, is higher in price than the green.

Fruits, with the exception of apples, are below ceiling.

Oranges are especially plentiful. The quality is excellent and wholesale prices are from fifty cents to a dollar and fifty cents below ceiling. Grapefruit is ample with fine quality from Texas and Arizona.

Avocados are in the fruit "best buy" class. Supplies are heavy and wholesale prices are the lowest for several months. There is a wide range in quality with the ripe fruit lower in price.

SCHOOL LUNCH PROGRAM..IN THE WESTERN STATES

Over 413, 217 children in 2,628 schools in the nine western states (Arizona, California, Nevada, Oregon, Washington, Idaho, Montana, Utah, and Wyoming) Hawaii and Alaska are being benefited by hot lunches at school. These schools have contracts with the Office of Distribution, WFA. Under the program eligible schools and child care centers are reimbursed for a part of their food costs, not to exceed an amount determined by the type and number of lunches served. A school may serve any one of three types of lunch: Type A. is a complete meal providing one-third to one-half of the child's daily nutritional requirements, and may be reimbursed up to a maximum of 9 cents per meal served. The Type B meal, a less adequate meal which requires less facilities for preparation, has a maximum reimbursement rate of 6 cents. Where lunchroom facilities are not available, a school may wish to serve milk and the reimbursement is 2 cents per half-pint of milk. Operation of the lunch program is wholly under the supervision of the local sponsor of each project.

Broadcasters will find the above mentioned school lunchrooms excellent sources of human interest stories. These lunchrooms are performing a wartime service to working mothers by assuring their children from one-third to one-half of the daily food requirements. They put into actual practice the newer knowledge of nutrition. They are one of the factors working against the rise of juvenile delinquency.

In following issues of Round-up, progress stories on various lunchrooms will be printed. This will be an exclusive service to woman program directors. Feel free to use the material or perhaps you will want to contact the local schools yourself for additional details.

WAX ELOQUENT ABOUT BEANS

Canned green and wax beans are likely items on the shopping list of ration-wise homemakers these days. The 1943 pack was large and the government requirements were not as great as was expected. As a result, there are large quantities of these canned vegetables on grocers shelves. In case some homemakers have forgotten, it may be worthwhile to remind them that green and wax beans are among the few canned vegetables with a point value of zero.

As for the nutritional value of canned green and wax beans -- they are listed in group one of the basic seven foods chart (with the green and yellow vegetables). They contain some Vitamin A, and small amounts of the three B vitamins--thiamine, niacin, and riboflavin. In addition, they are a good source of calcium and iron.

Since these food values are distributed throughout the juice as well as the beans themselves, urge your listeners to use the liquid from the canned beans. If homemakers aren't able to serve all of the juice with the vegetable, they should save it for other purposes. For instance, the liquid from a can of green or wax beans will add flavor to sauces, soups, and gelatine dishes. Or it may be chilled and used, either alone or with other vegetable juices, for a before-dinner cocktail.

CUTTING THE FROZEN VEGETABLE STOCK

Now that most kinds of frozen vegetables are point free, homemakers will be more interested in them than ever before. The civilian supply of frozen vegetables for the next few months will be larger than ever before. For the pack year as a whole from last July to next July --- civilians will receive 158 million pounds or about 28 million pounds more than they consumed during the year before. The total production of frozen vegetables during the pack year is expected to reach an all time high of 233 million pounds by June 30.

Almost all the rest of the frozen vegetables supply will go to the armed forces. By the end of June they will receive over 74 million pounds for the pack year. During the 1942-43 crop year the armed forces received 32 million pounds. A small quantity, slightly more than a million pounds, of frozen vegetables will be sent to Hawaii during the first half of 1944.

The principal vegetable included in this allocation are snap beans, lima beans, corn kernels, peas, spinach, broccoli, brussels sprouts, cauliflower, and corn on the cob.

DIVIDING THE POWDERED MILK SUPPLY

Powdered milk, both dried skim and dried whole milk, will continue to be used mainly for war purposes during 1944. The need for dried milk is acute in England, Russia, and many other countries. About 260 million pounds of skim milk powder and almost 57 million pounds of whole milk powder have been allocated to Great Britain, Russia, liberated areas, U. S. Territories and U. S. prisoners of war (through the Red Cross)

U. S. military and war services will receive approximately 58 million pounds of skim milk powder and 54 million pounds of whole milk powder. This is more of both types of dried milk than they consumed last year.

Although the large part of dried milk supply will go for war purposes, civilians will continue to receive millions of pounds of both types of dried milk in the form of enriched bread and other bakery products, soups, candy, ice cream, and baby foods. In fact, civilians have been allocated 158 million pounds of dried skim milk and 19 million pounds of dried whole milk in 1944.

WESTERN FOOD PLANTS GET HIGH HONOR

Twenty-four western plants have just received the War Food Administration's first "A" Awards in this region. This is the government's highest recognition for outstanding achievement during 1943 in the food processing industry.

First awards were made to the Idaho Canning Company at Payette, Idaho, and the Big Horn Canning Company at Cowley, Wyoming. These were followed by awards to 22 California Packing Corporation plants located as follows: California plant 8, San Leandro; plants 24, 37, Oakland; plant 35, Emeryville; plant 58 Elmhurst; plants 3, 39, 51, San Jose; plants 11, 12, Sacramento; plant 25 Kingsburg; plant 14, Yuba City; plant 68, Fresno; plant 22, Rio Vista. Idaho, plant 130, Franklin. Oregon, 126, Salem. Utah, plant 132, Ogden, plant 136, Spanish Fork, plant 138, Smithfield. Washington, plant 122, Toppenish; plant 125, Yakima; plant 127, Vancouver. Community members who helped out in canning plants during peak seasons last year were given special tribute by Alfred W. Eames, president of the California Packing Corporation. Mr. Eames welcomed the "A" awards as "a particularly just reward for the men and women of each community who volunteered spare time and vacations to help regular workers meet war-expanded production goals."

CEREAL DESSERTS

Cereals are on the "plentiful food" list for February. Homemakers are familiar with the use of this unrationed food as a breakfast course. They know also that cereals and whole grains have proved their worth as meat extenders. Now cereals are up for consideration as a "dessert".

Such a dessert is substantial and gives body to a soup and salad meal.

Cereal desserts are easy to prepare, inexpensive and maintain eye appeal.

Cereals are found in Group Six of the Basic Seven Food chart. They are a good source of Vitamin B--necessary for energy, steady nerves and healthy appetites. They contain iron---which helps the body build up the "red" of the blood--and niacin, the anti-pellagra factor. They also possess body-building proteins and energy-giving carbohydrates.

There are many cereals so individual preferences can be the basis of selection. The list includes: rolled oats, rice, cornmeal, cracked, whole and flaked wheat, and enriched prepared cereals.

RECIPESBaked Rice Pudding

1 cup cooked rice
2 cups milk
 $\frac{1}{4}$ teaspoon salt
1 egg
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon nutmeg

Put milk and rice in double boiler. Scald. Beat egg slightly with sugar and salt. Add the scalded milk. Flavor. Pour into a greased pan or baking dish. Set dish in pan of hot water. Bake until set. Serve hot or cold. One-half cup of raisins may be added.

Note: Left-over cooked cereal may be used in place of the rice.

New England Indian Pudding

$\frac{1}{2}$ cup yellow corn meal
1 quart milk, scalding
 $\frac{2}{3}$ cup molasses
1 teaspoon salt
2 cups cold milk

Add corn meal slowly to scalding milk, stirring constantly until thick. Add molasses and salt. Pour into well-greased baking dish and add cold milk. Bake in slow oven (325 degrees F) for three hours. Serve warm with hard sauce, ice cream, cream or top milk. If a spicy pudding is desired add a bit of cinnamon and ginger.

Oatmeal Fruit Pudding

Slice several large apples...saute the slices in fat until brown....add brown sugar and glaze apples until sugar begins to brown. Place a layer of glazed apples, a layer of cooked oatmeal and some raisins in a baking dish, sprinkle with cinnamon...and repeat till all the cereal and apples are used. Bake in a moderate oven for 20 minutes. As a time-saving idea, when ~~this~~ dessert is on the day's menu, cook twice as much oatmeal in the morning as is needed for breakfast.

1. *Pharmaceuticals*: The pharmaceutical industry is a major contributor to the U.S. economy, with sales exceeding \$400 billion in 2019. The industry is heavily regulated by the FDA, which oversees the safety, efficacy, and quality of drugs. The industry is also facing increasing pressure from payers (insurers and patients) to reduce costs, leading to a focus on value-based pricing and generic competition.

* $\frac{d}{dt} \left(\frac{1}{r^2} \right) = -\frac{2}{r^3} \frac{dr}{dt}$

Phyllanthus



Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, California
February 19, 1944

IN THIS ISSUE

TOKENS FOR SIMPLICITY.....Red and blue tokens become a part of America's food buying operation under the OPA, February 27. Under the new system ration coupons expire on definite dates and all have a value of ten points with the tokens being used as change.

PROCESSED FOOD FOR 1944.....Civilians will have less commercially canned fruit and vegetables this year than in 1943 because of allocations to the armed forces. Little change in civilian supplies of dried fruits, frozen fruits and vegetables.

SOYA MAKES HISTORY.....Known to the Chinese nearly three thousand years B. C., soya use in the United States has been slow. Now recognized as one of the richest sources of protein of all known foods, also rich in Vitamins B-1 and B-2.

SCHOOL LUNCH AT TORRINGTON, WYOMING.....A community combines its efforts and resources to provide hot lunches at school for 255 pupils.

CABBAGE.....The winter cabbage crop planted for harvest during the months of January, February, March and April 1944 is estimated at 515,000 tons --- this is in contrast to a harvest of 278,600 tons for the same months in 1943. Broadcasters are urged to spotlight cabbage during the period Feb. 24 - Mar. 4 when it is a Victory Food Selection. Food suggestions this week, "Cabbage In The Kitchen," can be obtained for your listeners on request. Write Office of Distribution, WPA, 821 Market Street, San Francisco 3, California.

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS

CABBAGE.... This vegetable takes top honors on the list of abundant foods on the market. 515,000 tons will be harvested for market during January, February, March and April in contrast to 278,600 tons for the same months in 1943.

During the period, February 24 to March 4, when cabbage is a Victory Food Selection, the homemaker will want to cooperate in every way by using cabbage as frequently as possible. This means searching for new ways to serve cabbage, in addition to the recipes for cooked and raw cabbage she already has on hand.

Brined cabbage, which tastes like kraut, and stores well for several weeks is easily and quickly made at home in small quantities. The right proportions are eight teaspoons of salt mixed to four pounds of chipped cabbage. Glass jars of the two-quart size make ideal containers for they hold exactly four pounds of cabbage and take up very little space. Brined cabbage is ready in about ten days, and is delicious for several weeks. It is another method of using cabbage and can be prepared ahead of time. There's the method of using spring cabbage for making kraut in crocks, too. This is more complicated, but it makes larger quantities and keeps longer. Listeners who want specific instructions for the crock method will be interested in Farmers' Bulletin No. 1932.

Commercial kraut, being processed now, will not reach most markets for some weeks. Most of it will go to market in kegs, although a small amount will be released in time. In view of this homemakers will probably want to try the brined cabbage method at home.

ONIONS.... The little new green onions are making an entry on markets all over the country there are some cooks who believe that the little spring green onion is good only as a salad ingredient or an appetizer. Stress the fact that this variety of onion is wonderful in cooked dishes, too, for onion flavor. Used in scalloped potatoes it has a flavor all its own unequalled by the dried variety.

Sometimes these green onions are called shallots or leeks, but an onion by any other names has just as sweet a sound and taste to homemakers and their families who have long bemoaned their scarcity.

PORK..... In order to move some of the large supplies of pork, the OPA has granted homemakers a third pork bonus. Spare stamp three in ration Book 4 will be good for five pounds of pork through February 26. This stamp differs from the former ones in that it is good for cured as well as fresh pork. Spare stamp three may be used for ham, bacon, canned meats that are 100 percent pork, and all sausages.....in addition to fresh pork.

RATIONING DATES

Green Stamps (Book 4)

(Processed fruits and vegetables) Stamps G, H and J valid through Feb. 20. Stamps K, L and M valid through Mar. 20.

Brown Stamps (Book 3)

(Meat, butter, fish, cheese, edible fats and oils, canned milk) Stamps V, W and X valid through Feb. 26. Y through Mar. 20.

NEW RATIONING 'RITHMETIC

Tokens of OPA efficiency will be part of America's food buying operation beginning Sunday, February 27---for that's the day when those little red and blue rationing tokens everybody has been hearing so much about, will become valid. Red is used for meats, fats and canned fish. Blue is used for processed foods...and each token will have a value of one point. Mrs. Homemaker will receive them first from her grocer as change for her red and blue stamps in Book 4. These stamps, regardless of the value printed on them, will advance on February 27, to ten points each.

It's an easy system really...everything in one book, and tokens for change. And you might tell your listeners that it's like using dimes and pennies...the ten point stamps are dimes, of course, and the token in change, the pennies.

Less confusion seems to be the keynote of the new rationing program...for each group of stamps has a definite expiration date...and the instant they become valid the housewife will know how long they will stay that way...and just when they expire. In this way, she can budget her stamps over a definite period of time...so many for so long, and have a more even schedule for meat and processed foods. It makes it easier for her retailer too, because that last minute rush nightmare can be pretty much avoided.

The new system won't be difficult to explain to your listeners. You might ask them to bring their No. 4 book to the radio...turn first to the page of blue stamps and explain thus...first of all, beginning February 27, red and blue stamp in book No. 4 will have a value of ten points. On that date, the first five blue stamps become valid...A8, B8, C8, E8, they will be valid until May 20. Then on April 1...and the first of every month thereafter...another group of blue stamps becomes valid. Each group is valid for one month and twenty days.

Now, ask your listeners to turn to the page of red stamps in Book 4. These too, will have a value of ten points each. On February 27, three red stamps become valid...A8, B8, C8, two weeks later (and every two weeks after that) three more red stamps can be added to the food budget. The first series of red stamps are good until May 20th.

The homemaker will give her dealer the red and blue stamps at ten points each...she will receive tokens in change, the tokens have no expiration date.

Now, one more word. Perhaps your listeners will still have a few Y and Z brown stamps in Book No. 3. Well...Y and Z may be used through March 20th but...no tokens will be given in change for these...for their value remains as printed on each stamp.

ANOTHER "DON'T WASTE IT"...YOUR PROCESSED FOOD EXPECTATIONS

"Share the crop"...that's the principle that your radio listeners will have to keep firmly in mind as they budget their blue points during 1944. Although the food processors have made a gargantua effort and produced a maximum amount of processed foods during the past year, and hope to produce even more during 1944, more processed food must be allocated to the armed forces and our allies.

If your listeners like specific amounts and percentages, you can tell them that the government will need 92 million cases of canned vegetables.

That means less for civilians than they have had during the current season and considerably less than they used during the 1941-42 season. In fact, of the twelve fruit items...the supply will be about 17 million cases as compared with 30 million cases last year. Roughly, we will have more than one-half the amount of fruit. Of the fourteen vegetable items, civilians will have about 104 million cases instead of the 128 million cases they enjoyed last year. That sounds a bit depressing but when the homemaker stops to consider the destination of most of our processed foods, she will cooperate in every way. She may even start a Victory garden and do her own home canning.

Dehydrated vegetables play an important part in the overseas food program, and the government will need more of them than ever, this year. However, there'll be some changes in the kind of vegetables that will be used. Potatoes take top place as they did last year...and onions and cabbage will form a large part of the shipments over the sea. But there will be fewer beets...not so many carrots.

Dried fruits will be slightly more plentiful for civilians; about the same for the army. However, the demand is still far greater than normal. That means, of course, that a large amount of the fresh fruit crop must be allocated to fruit processors.

During the last few years, homemakers have been learning the delight, convenience and excellence of flavor of frozen vegetables and fruits. Once they have been tried in the home, the homemaker usually continues use of them. Naturally your listeners will want to know just what her prospects for their continued use will be. Well...the demand for frozen foods will be enormous...far greater than the supply. But the army will require only 50,000,000 pounds...while the civilians will need 250,000,000 pounds...just five times as much. So it is fairly safe to say that there will be little change in the frozen vegetable situation.

Then there's the problem of containers. At present we have enough tin and glass to pack all the food needed. However, metal is still critical, and it isn't likely that additional items can be added. Since containers are vital, urge your listeners to conserve tin cans carefully...also glass jars for their home canning.

We hope your listeners will realize the maximum effort that must be exerted by the processors. They must have enough raw material...and the civilian must have enough fresh fruits and vegetables as well. In order that each will be satisfied, the OPA and Office of Distribution will coordinate their efforts to establish price ceilings to regulate the amount of fresh food for each.

Last year the government released and resold about two and one half million cases from stock, to civilians. This was due, in part, to shifting military operations. At this time, however, the entire government stock has been designated for some war need, and it is not at all likely that any further stocks will be released for civilian channels.

SOYA FOR NOURISHMENT

Soya is like an actress who has played bit parts for many years...a player without a press agent, capable of great things, but long unsung. Then suddenly she finds herself well on the way to stardom...her name on many lips.

Soya isn't new, it's as old as civilization. A Chinese emperor first put it on record nearly three thousand years B. C. Through the centuries it has remained one of China's five sacred grains, mentioned by poets and philosophers. Chinese missionaries brought soybeans into Europe early in the 1700's, and about a hundred years after that it made its debut in America...in Pennsylvania, where farmers discovered it grew very well. Nothing much was done about, it however, until early in this century, and even then its progress was very slow. The comparatively small amount used for the table had a beany flavor, that people didn't like. Finally, in the late 30's this taste had been entirely eliminated, and soya appeared a bit more often on the family dinner table...manufacturers and farmers had learned its value...but Mrs. America was still wary of the whole thing.

In the last few years, your listeners have been hearing a lot about soya products, but the average homemaker is reluctant to introduce to father and the children any departure from the usual. She knows vaguely that soya is a valuable addition to the diet, but not the specific reason.

It might be a good idea to tell her again that soya is rich in minerals...contains an affluence of vitamins B₁ and B₂...and that soya flour is one of the richest sources for protein. Also soya is a protective food, one listed on the Basic Seven chart.

Soya flour and soya grits may be purchased practically anywhere now...in one-pound or larger packages. Soya grits are coarser than flour. A muffin, bread, or meat to which a small amount of soya has been added tastes like the same thing made with ordinary flour. Remind your listeners that soya flour and grits contain no gluten, therefore, must be used with wheat flour in baked foods. Specific recipes are available, or small amounts can be used to replace wheat flour...as an example ...two tablespoons of soy flour in a cup of wheat flour. Soya flour is excellent in all breads, cream soups, sandwich filling. Soya grits are successful with meat dishes, fish and vegetable casseroles. Soya flour can also be added in small quantity in making gravies and sauces, but soya flour has no thickening qualities.

Tell your audience about soya's main job...to nourish. It takes lots of moisture and a good deal of seasoning...for it is very mild indeed. Food containing soya will brown to a rich golden color...so tell the homemaker to try it with baked foods and with sausage, fried mush and potato cakes. And remember to add, that, together with the appetizing appearance of the finished dish, the nutritive value of soy protein is extremely important to every member of the family. If your listeners would like recipes...you might suggest Department of Agriculture bulletin AWI-73.

TIME AND A HALF OVERTIME FOR HENS

Hens are working the swing shift these days, like many other good Americans, and are expected to produce 45 billion eggs this year. This means that Mr. and Mrs. Civilian and all the little Civilians will get on the average of nearly an egg a day...more than enough to supply the minimum of at least four or five eggs a week...the requirements of eggs as a protective food.

Mrs. Civilian has been aware, with some pleasure, of the gradual decrease in the price of eggs...a decrease which usually continues well into April. This means that the breakfast egg will be supplemented by eggs used in main dishes at other meals. The clever homemaker will welcome these egg dishes for her Lenten menu, and as an alternate for meat, too. And it's pretty safe to say that the Easter bunny will do a flourishing business at the same old stand.

So remind your listeners to whip out the good old card files of recipes... and put this wonderful dividend of fresh eggs to work for her family.

SCHOOL LUNCH PROGRAM AT TORRINGTON, WYOMING

Note: This is the first of a series of articles on community school lunch programs in the nine western states. Broadcasters may use the following material, or contact local schools for additional facts.

As a result of community cooperation, 255 pupils of the Torrington school are being served well-balanced lunches at school. For a charge of 10 cents the students get meat or a meat alternate, fruit, vegetables, bread or cereal, butter or fortified margarine and milk.

Last year no hot lunches were served at this school. Recognizing the need of those students who came long distances to school, the Goshen County Nutrition committee set about to organize a lunchroom. Through their efforts and with the cooperation of the Torrington school board the program got under way immediately. The band room in the basement of one of the grade school buildings was converted into a kitchen and lunchroom. Partitions, cupboard space, and work tables were built by students of the manual training class. A storeroom was also made under the stairway. Dishes, cooking utensils and one stove were purchased by the school board. The silverware was donated by the community. A second stove and a refrigerator were loaned by a local (Holly) sugar company. Women's clubs donated additional dishes and held showers where the "entrance fee" was a tea towel for the lunchroom.

There are three cooks and a lunchroom manager at the Torrington project. The manager does all the menu-planning, buying, banking, paying of bills, bookkeeping, making of reports; she even has the entire responsibility of delivering her own groceries. She checks the menus with the chairman of the local nutrition committee who is also the Home Demonstration agent with Extension service.

Torrington is one of the 65 schools in Wyoming receiving financial assistance from the War Food Administration, Office of Distribution, for the purchase of certain foods used in the lunchroom.

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available
on three West Coast wholesale markets.

PORTLAND

Vegetables: Best buys are cabbage, carrots, white potatoes, lettuce, and cauliflower. In moderate supply are spinach, tomatoes and celery. Artichokes, sweet potatoes, peppers, onions continue scarce.

Fruits: Grapefruit and oranges are in liberal supply. Avocados also are a fruit best buy. Hothouse rhubarb from Washington is slightly lower. Apples continue in light supply at ceiling prices.

SAN FRANCISCO

Vegetables: On the best buy list are lettuce, broccoli, cabbage, cauliflower, celery, potatoes, hard type of squash.

Receipts of asparagus are increasing gradually and prices have shown a steady decline. With the continuation of favorable weather this vegetable should soon be in moderate to fairly liberal supply.

In moderate supply are artichokes, tomatoes and spinach.

Fruits: Supplies of grapefruit and oranges are liberal. Avocados are plentiful. Northwestern apples continue scarce, however, there are moderate supplies of Watsonville Newtowns.

LOS ANGELES

Vegetables: Lettuce, cauliflower, cabbage, celery, potatoes and carrots are the best buys of the week.

Brussels sprouts are not as plentiful as last month, and prices are higher.

Fruits: Grapefruit and oranges are plentiful. Apples are insufficient to meet the demand. Hothouse rhubarb is lower this week.

FROZEN BUT NOT STATIC

The WFA has analyzed the amount of food on hand in cold storage warehouses and packing plants, and the over-all picture shows a definite increase over the amount last year.

Stocks of fresh and frozen fruits are either slightly decreased or remain about the same as last year, but when we examine the comparative figures of butter, and dairy products, we find a sharp rise. For instance, while there is about nine times the amount of butter stored last year...about half again as much cheese...more than three times as many eggs, about half again as much frozen poultry, the totals are only a small percent of our 1943 production, such as about 4 percent of the butter, and a little over 1 percent of the eggs.

Meat, as an over-all picture, shows a rapid up trend, too. More than twice as much beef is in cold storage than there was last year, and about three times as much pork. Quantities of lamb now in storage in packing plants and warehouses are greater too, than last year.

While the quantities are sharply increased, this amount will be used for military forces and lend-lease operations as well as for civilians. As the war program is stepped up, these commodities are moving out of storage for immediate use, at a speed much greater than that of last year. With the government purchasing the largest portion of its yearly requirements during the heavy marketing seasons, we just can't get around having greater quantities of food in storage at the present time.

For instance, the heavy livestock marketing season has been in progress for several weeks. Government purchases must be heavy now so in the slack marketing season, government war needs can be filled without drawing on rather low supplies later this spring and summer. Butter stocks are high now compared with this time last year. But here again the government bought heavily last summer when production was high to meet war requirements this winter. In fact the government has not bought any butter since last October and will not buy again until April. All the butter production is going to civilians during that period.

ABUNDANT FOODS FOR MARCH

The Civilian Food Requirements branch of the War Food Administration lists the following foods which will be in relative abundance throughout the greater part of the country in March: white potatoes; new cabbage; eggs; soya flour; grits and flakes; wheat flour and bread; macaroni, spaghetti, noodles; oatmeal; rye; breakfast foods; fresh oranges and grapefruit; canned green and waxed beans; frozen vegetables, excluding peas, lima beans and corn; peanut butter; dry mix and dehydrated soups; citrus marmalade.

MORE OILS ALLOTTED FOR PAINTS, VARNISH

Housewives and handymen with a springtime urge to brighten up their homes may find more paint, varnish, lacquer, linoleum, oilcloth and shower curtains available in coming weeks, thanks to an increased allotment to manufacturers of fats and oils used in making these articles.

The increase in quotas, authorized by the War Food Administration chiefly as a result of high 1943 production of linseed and similar oils, was announced today by Buell F. Maben, western regional director of food distribution.

Maben said the new ruling permits manufacturers to use 70 percent as much fat and oil as they processed in the spring quarter of 1940 and 1941 - a gain of 10 percent over the quota allowed previously. The new allotment is granted up to March 31 only, but any inventory of oils remaining on that date may be carried over for manufacture during the next quarter.

Maben said the same WFA order (FDO No. 42) and its applicable amendment remove from restrictions various finishes for containers, closures, and closure liners for foods, drugs, beverages and pharmaceuticals.



Cabbage in the Kitchen

VICTORY FOOD SELECTION -- FEBRUARY 24-MARCH 4

Abundant supplies of cabbage are on the way to market...from Arizona, California, Florida and Texas. This is half again as large as any winter crop of green cabbage ever produced. Its abundance makes cabbage a Victory Food Selection for the period from February 24 to March 4. In buying cabbage, the homemaker will be helping the war effort by taking the pressure off less plentiful foods and at the same time she will be giving her family a healthful protective food.

FOOD VALUES

Cabbage has been in common use for centuries. Our forefathers had no scientific knowledge of food values, but cabbage was a standby in their diet and so this vegetable was transplanted into the new world.

Cabbage, found in Group Two on the Basic Seven Chart, is an excellent source of Vitamins B₁, B₂, C, and some niacin. It is also rich in calcium, phosphorus, and iron. Because Vitamin C is destroyed in over-cooking or after long exposure in air, the vitamin value is maintained best by serving cabbage raw or by following the modern short cooking method.

SUGGESTED USES

Steamed...Shred or cut in quarters and place on rack over water in covered utensil. Cook only long enough to tenderize the fibers. Or cook directly over flame in a small amount of water in a heavy dish. These methods will help to maintain the Vitamin C content.

Cabbage cooked in milk...Cook at low temperature, only use milk instead of water.

Steamed cabbage with corned beef, ham hocks or pigs feet...Tenderize cabbage separately, then add to the meat. This method is more digestible than the old fashioned way.

Casserole Style...Alternate layers of shredded cabbage, dotted with butter or vitaminized margarine, cream sauce and bread or cracker crumbs. Grated cheese on top, if desired.

Buffet Style...Scoop out insides of small head of cabbage, leaving shell intact. Shred and mix with green pepper, carrots, celery salt, pickles, chopped apple, peanuts and french dressing. Put back into cabbage shell, serve at a barbeque or buffet supper, arranged attractively on large platter.

Cabbage Salads...Cole Slaw...Shred cabbage, add stuffed olives, and additional seasonal vegetables. Make sour cream or buttermilk dressing. Cabbage Waldorf...Shred cabbage, apples, pineapple or citrus fruits and walnuts. Mix with cream dressing. Molded Health Salad...Combine shredded cabbage with grated carrots, mayonnaise, gelatine, and mold.

Cabbage relish...Grind cabbage and flavor with horseradish to desired strength and serve with roast beef.

Fried Cabbage...Cut in small pieces, fry until tender at medium temperature in bacon drippings.

Hot Slaw...Fry cabbage, add cooked chopped bacon, brown sugar, vinegar to taste. Serve hot.

BORTSCH
(Russian Beet-Cabbage Soup)

1 cup cooked chopped beets
1 cup chopped carrots
 $\frac{1}{2}$ cup chopped onions (if possible)
1 cup shredded cabbage (raw)
3 cups soup stock
Salt and pepper, cinnamon
1 T. lemon juice
Sour cream

Method: Place vegetables in soup kettle, cover with meat stock. If soup stock is not available, use three bouillon cubes dissolved in three cups of boiling water. Add salt and pepper, bring to boil and simmer, covered, for thirty minutes. Just before serving, add lemon juice. Ladle into soup plates and garnish with a heaping tablespoon of sour cream. If sour cream is not available, use thick buttermilk, or beat an egg, put in each plate, and pour the soup over the beaten egg.

CABBAGE WITH KETCHUP SAUCE

Shred or slice cabbage. Cook until tender. Drain and place in serving dish. Pour over top a ketchup sauce. Combine equal parts of vitamized margarine and ketchup. Heat and pour over cooked cabbage. Plan for about two tablespoons of sauce per serving. The cooked cabbage may be placed in casserole covered with sauce, topped with bread crumbs and then browned in oven in a few minutes.

CABBAGE FILLED WITH CORNED BEEF HASH

Trim outer leaves, stem, from cabbage. Do not overcook, drain. Scoop inside, leaving $\frac{1}{2}$ " shell, keep hot in greased ovenproof dish. Chop removed part, adding to contents of 16 oz. can minced corn beef hash. Add $\frac{1}{2}$ c. sautéed onions, or onion salt, milk. Heat ingredients, fill shell, covering top with buttered cornflakes, serve.

SPICED CABBAGE

Shred one small head of cabbage. Cook rapidly until tender. Drain well and add:

1 tart apple, unpeeled, minced
3 T. butter or vitamized margarine
6 whole cloves
 $\frac{1}{2}$ c. boiling water
 $\frac{1}{3}$ c. vinegar
 $\frac{1}{4}$ c. brown sugar
 $\frac{1}{4}$ tsp. salt

Simmer these ingredients until thoroughly blended. Serve either hot or cold.

MEAT DOVES

This is meat cooked in cabbage leaves. To prepare the filling combine:

1 cup chopped meat
1 slice salt pork or bacon-minced
 $\frac{1}{2}$ c. bread crumbs
 $\frac{1}{2}$ c. grated cheese (optional)
1 egg, beaten
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. mixed spices
1 tsp. grated lemon peel
2 tsp. minced parsley
1 garlic bud, minced

To prepare the leaves, wash, and separate, pour boiling water over them and let stand a few minutes. Drain leaves, put 2-3 tb. of filling on each leaf and roll tightly. Brown chopped onion, put in baking dish and lay rolled leaves on onion, with folded edges down. Cover with 2 cups sliced tomatoes or $1\frac{1}{2}$ cups tomato pulp or $1\frac{1}{2}$ cups of other sauce. Cook slowly until tender. This recipe makes 8 "doves". The Armenians make delicious cabbage rolls, by adding mint leaves to cooked seasoned rice, and rolling in cabbage leaves. They may be either steamed or baked until tender.



LIBRARY
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WASHINGTON, D.C.

Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, California
February 26, 1944

IN THIS ISSUE

WARTIME NUTRITION....American eating habits have changed under rationing.... less fried foods and sweets are now eaten, but diets have improved in protein, vitamin and mineral content.

CROP CORPS UNIFORMS....All women and girls who aid the war effort in the production of food may now wear the blue uniform of the Women's Land Army. Girls under eighteen enroll with Victory Farm Volunteers and women over eighteen eligible for Women's Land Army.

LEND-LEASE SHIPMENTS....Deliveries of food and other agricultural products for export in 1943 under the Lend-Lease Act were double that of previous year. Russia received greatest share with British Empire second.

FRESH PRODUCE "BEST-BUYS"...Cabbage, the Victory Food Selection, through March 4 is the recommended vegetable buy of the week....reasonable in price and high in nutritive value. Potatoe stocks now on hand exceed normal carryover supplies for this time of year; so homemakers should use this basic vegetable in a variety of ways.

LONG LIVED SCHOOL LUNCHROOM...Founded and supervised by the Parent-Teacher Association, the lunchroom at Creighton School in Phoenix, Arizona has been going full force for 30 years. 950 students now receive benefits of program.

US Department of Agriculture
Food Distribution Administration

ONIONS..... Last week's Round Up carried a bit of news about more onion flavor being wafted through your diet, but if there was any confusion or skepticism about the names we gave the various members of that pungent family, let's straighten it out right now.

A dried onion is the sort that you haven't had many of lately. It's brownish in color, has had its top removed, and has a dry, papery coating.

A green onion arrives in the market at the beginning of spring (is appearing now), and is simply an immature onion with a small bulb and long, rather rounded green tops. It has one shoot.

A scallion is just another name for a green onion.

A shallot is exactly like a green onion, except that it may have a number of shoots.

A leek is like a green onion or a shallot, but its tops are flat (like the leaves of a lily) rather than rounded.

Spring onions are beginning to be plentiful now...and will be with us until the end of April. At that time (cheers) our old friend, the dried onion, will be with us again, if the yield in Texas (where there are three times as many acres of onions planted as last year) is average.

POTATOES.... Potatoes are still with us in quantity, and listeners should be reminded from time to time to use them freely and often. We don't want any of the biggest potato crop in history to go to waste.

Tell them about various ways to use potatoes--in salads, as a vegetable, prepared in all the orthodox ways...as a main dish, spiked with bits of meat or baked and stuffed with creamed meat or other vegetables or mushrooms. Vitamin content is important to stress too...particularly the fact that potatoes are rich in vitamins B-1 and C. The old fashioned boiled potato in its jacket has come into its own again...and that's a fact to plug. Research at the Bureau of Human Nutrition and Home Economics has shown that potatoes boiled in their jackets hold twice as much Vitamin C and three times as much Vitamin B-1 as baked potatoes.

And again...potatoes...potatoes and...still more potatoes should be suggested to homemakers, as a further step in helping the war effort.

RATIONING DATES

Green Stamps (Book 4)

(Processed fruits and vegetables). Stamps K, L and M valid through March 20.

Brown Stamps (Book 3)

(Meat, butter, fish, cheese, edible fats and oils, canned milk). Y and Z valid through March 20.

Sugar (Book 4)

Stamp 30 valid for five pounds through March 31. Stamp 40 valid for five pounds for home canning through February 28, 1945.

MORE WITH LESS

We take off our hats to the American home maker. She is continuing to give her family more nutritive value with less food during these critical war years.

Since 1941 we have provided food for the best fed armed forces in the world and sent food to our allies. We have already started to send food to re-occupied countries. That meant that your listeners, and hundreds of thousands of homemakers like her, have had less variety of foods to work with. But in spite of the fact that her "food tools" have been restricted, with her usual ingenuity, the homemaker has provided interesting meals for her family...and what is more, a diet that carries a greater nutritive value.

There is no doubt about the fact that Mrs. America has changed the eating habits of her family. And for the most part, from the nutritive standpoint, those changes have been for the better. For instance, more than half the city folks and a third of the small town and country folks fry less these days. That's because they save points and money. In so doing, they add health value to the diet. Only about one-fourth as many pies and cakes are being baked in homes because of sugar rationing...in fact, less sugar was the universal rule in 1942-43...and that meant fewer calories.

Because the homemaker has less to do with, she is using imagination, ingenuity and intelligence in the preparation of the supplies she can procure. She absorbed nutrition education...she applied it practically. As a result, the actual intake of food value has risen. Protein consumption for instance, has risen about 9 percent above the 1935-39 level. More than half the amount has been derived from milk and eggs, fish, meat and poultry.

Vitamin A value is essential to the growth and development of children and a shortage may lower resistance to disease. This vitamin is derived from eggs, milk, butter and liver. From vegetable sources (especially the yellow and green vegetables), it has remained pretty constant, and at high level.

Vitamin C consumption, which helps to keep teeth and gums healthy, and is needed by the tiny blood vessels all through the body, has increased about 14 percent since 1930. Large quantities of Vitamin C are found in citrus fruit and tomatoes, and your listeners might be interested to know that in 1943 American families were eating just twice as many oranges as they did in 1930.

Calcium and riboflavin (known as Vitamin B-2) have increased in consumption. Milk and milk products have been largely responsible for this. Since 1934 folks have been drinking about 25 percent more milk, and have increased their calcium and riboflavin by about one-fifth. Calcium, your listeners will remember, builds bones and teeth...riboflavin promotes growth, and is essential for normal nutrition at all times.

Iron, an important nutrient, is fairly well supplied in average diets, and under the enrichment program, more iron has been added to flour. Vitamin B-1 has also been added to the enriched white bread and flour, supplying much of this valuable vitamin to the national diet. Homemakers have been sharply aware of the value of B-1, and the figures prove their interest, for the average quantity of Vitamin B-1 in 1943 was 36 percent higher than during the 1935-39 period. Twenty four percent of this was due to the enrichment program of grain products...a program which our smart homemakers have welcomed and put to good use.

Still more of the protective foods are needed...nutrition education, despite the encouraging results, must still go on. Plug it early and often, and in the plugging never neglect to give the listeners a compliment on the job already done.

HOME CANNING FUTURES

Many Victory Gardens, which are still a seed in the homemaker's mind, may take root and sprout into action when it is known that the War Production Board has released half a million cold pack canners for home use.

As many of your listeners sadly know, these cold pack home canners have been out of production since 1941...but now manufacturers will be allowed to make half as many as they did in the 1940-41 season. And that will encourage many a homemaker to start plans for the summer canning campaign.

The canners are made in one size...the size that holds seven quart jars, or nine pint jars...and they'll reach the market some time after April first. These are the enameled cold pack canners used for canning acid fruits and vegetables by the "boiling water bath" method.

THIS LITTLE PIG WENT TO DINNER

Vermont has long been known for its turkey, but Vermonters used a state occasion the other day to point out the need for making full use of our pork supplies. And at an important dinner a small roast pig usurped King Turkey's place on the platter of honor.

The occasion was a state one in every way...a meeting of a farm organization at Gloucester, and the guest of honor was Governor William Wills. When the governor came into dinner, he saw nine long tables...and on each table was a small pig, roasted to a golden brown.

Yes, pork in all forms...has a place of honor on the Nation's dinner table, too, for he tops the list of abundant meats. Folks might do well to follow the example of these Vermont farmers, and whether roasted, or served in other ways, to use pork...and use it now.

TEMPORARY "CHANGE"

....For the food rationing system. Just so your listeners won't be disturbed during the first three weeks of the new rationing operations (from February 27 to March 20) better remind them that for green stamps K, L, M one point green stamps may be given as change along with tokens. On March 20, the green stamps run out.. and all "change" will be given in tokens from that date onward.

As for the brown stamps Y and Z in Book No. 3. Well...Y and Z may be used through March 20th and tokens will be given in change for these but at their old point value printed on each stamp, 8, 5, 2, or 1.

The red and blue stamps have the new point value of ten regardless of the point value printed on them.

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available on
three West Coast wholesale markets

PORTLAND

Vegetables: Cabbage is especially plentiful with supplies from local sources and the Imperial Valley. Cauliflower and topped vegetables are in moderate to fairly liberal supply from local gardens. There is a wide range in lettuce quality and price.

Fruits: Tendency is toward ceiling prices on all sizes of oranges. Small sizes are still more reasonable than the large size. Grapefruit is plentiful, reasonable in price and of excellent quality---there are three types to choose from: the March Seedless, Pink, or Ruby Red.

Hothouse rhubarb is lower in price with more liberal arrivals. There are three grades, Extra Fancy, Fancy and Choice and all grades sell at different levels.

SAN FRANCISCO

Vegetables: Best buys on the vegetable market this week are cabbage, broccoli, lettuce, potatoes and banana squash. Cabbage in particular is a very good buy. The OPA has established a retail ceiling in the Bay Area of 4¢ a pound, which makes this one of the cheapest vegetables on the market. Cauliflower is still plentiful but is somewhat higher priced than a week ago. Lettuce is also higher, although still reasonably priced.

Fruits: Avocados and small size oranges are the best fruit buys.

LOS ANGELES

Vegetables: First on the best buy list is cabbage. Other recommended buys are potatoes, Banana squash, turnips, lettuce, beets, carrots and rutabagas. Tomatoes are in lighter supply with prices at ceiling on best quality. They are coming from Mexico and the Imperial Valley. Broccoli is in lighter supply and slightly higher.

Fruits: Hothouse rhubarb from the State of Washington continues in light supply. Apples hold at ceiling with supplies hardly sufficient to supply the demand. Orange supplies are somewhat lighter now with the price advancing. Grapefruit is plentiful and unchanged in price.

FRUITFUL OUTLOOK

Dried apples, which have been conspicuous by their absence from grocers' shelves for nearly two years, will soon reappear.

Because requirements for the war program have been changing, more than three and a half million pounds have been released for civilian use. For the same reason about 912,000 pounds of Zante currants are headed for American tables, too.

As your listeners know, packers have been required to set aside their entire pack of dried fruits for government requirements. Now and then however, portions of the total are released to civilians because they are not needed for immediate war needs. That's why homemakers can look forward to being able to get dried apples and more currants in the coming weeks.

TOP DRESSING FOR CROP CORPS

This year all women and girls who aid the war effort in the production of food, feed and fiber, may wear the trim comfortable uniform worn until now only by the Women's Land Army. This means that girls under 18, who are called Victory Farm Volunteers, and women and girls who help in the farm house, releasing others for work in the fields, are eligible to wear the uniform, too.

The crop corps uniform is smart, well cut, comfortable, and feminine, too, despite its very practical use. The colors of the uniform are light and dark blue. The entire ensemble consists of a light blue cotton shirt (either short or long sleeves) navy cotton twill overalls, and a light and dark blue visored cap. The total cost of these three pieces is \$6.20. The garments may be purchased separately, and a dark blue cotton twill jacket may be purchased at an additional cost of \$2.50. The cap and overalls carry the insignia of the Women's Land Army or the Victory Farm Volunteers.

Every woman has learned the value of well cut clothes, and likes them even when she is doing an active job. She will approve of the land army uniform for it holds many skills of the dressmaker's trade, cunningly contrived to combine good looks with action, safety and comfort features. The shirt is beautifully tailored with an up or down "V" neck. The jacket is boxy and casual, with slash pockets. The overalls have a trim, darted waistline, big patch pockets... and for action, adjustable suspenders. The ankle tabs, drawing the trouser legs in closely, are safety measures. The garments are all available in sizes 12 to 44. And women eligible to wear them may buy them from the National Committee on Boys' and Girls' Club Work...59 East Van Buren Street, Chicago.

It's nearing time for spring planting...and in some sections of the country the winter vegetable crop is already being harvested. Half a million more women and girls and boys are needed this summer for work on the land, and three-fifths of this number will be girls and boys under eighteen. Urge your listeners to consider helping the effort. In order to join the Women's Land Army, women must be over eighteen, and may enroll for crop season work (which might include planting, cultivating and harvest)...or, for year-around general farm work. Year-around workers may train for two to six weeks at an agricultural school, and seasonal recruits will probably have training on the job. There are application blanks at the office of the county Extension agent, and in some areas at the offices of the U. S. Employment Service and local Defense Council.

Girls and boys from 14 through 17 will probably be recruited for the Victory Farm Volunteers through their local high school, but if there is no recruiting agent sent to the school, they may apply at the office of the county Extension agent. The agent will cooperate in placing them, even if they have volunteered through their school. The Victory Farm Volunteers work for a season of less than five months, and in many areas the boys and girls receive training at school during the school year. Both women and girls may help in the farm house, in order to release other workers for the field. Farmers will pay all of them at the prevailing wages.

SCHOOL LUNCHROOM OPERATES THIRTY YEARS

The school lunchroom in Creighton School, Phoenix, Arizona is celebrating its thirtieth birthday this year. When it was first organized by the Parent Teacher Association, thirty lunches were served each day. Though the same sponsors continue operation of the program, the number of children passing along the cafeteria line has increased to 950 daily.

Through the years the price of a hot lunch, including orange juice or milk, has ranged from 10¢ to 15¢. The students this year pay 13¢ for a lunch, plus milk, that provides from one-third to one-half of their daily food requirements. Here is a sample menu from the January bill-of-fare: meat and gravy, mashed potatoes, buttered roll, prunes or apple sauce, a cup cake and milk. On another day, baked tamale pie with meat, corn and olives, fruit gelatin on lettuce, bread and butter sandwich, ginger cup cake and milk were served.

During the past summer, the PTA supervised the processing of 500 gallons of tomatoes for use in the lunchroom. The tomatoes were placed in storage against the day when fresh tomatoes were not readily available. This meant a saving of some 25,000 food points which in turn are being used to obtain other foods. Seasonal produce common to the Salt River Valley, Arizona, supplements the diets.

Five paid helpers operate the kitchen. They are assisted during the noon hour by five boys and five girls from the school.

SPOONING OUT THE SUGAR

The contents of the national sugar bowl have been divided fairly and squarely to meet as nearly as possible all needs.

Sugar has been allocated for 1944 consumption taking into account all factors in today's living. As the war makes greater demands the needs of our armed forces and allies increase and the demand for industrial alcohol grows to tremendous proportions. At the same time, shipping space for sugar is being diverted to more important wartime needs. All this spells slightly less sugar for all civilians...about 6 percent less than last year.

The greatest single increase in demand for sugar for the war effort has been for making industrial alcohol vitally needed in the production of synthetic rubber, needed too, for other products. This year, because of the expanded industrial alcohol program and the conservation of grains for food and feed, the production of invert or high test molasses, from which no sugar has been extracted is required. Blackstrap molasses, which is a by-product of sugar has been used for making industrial alcohol. However, invert or high test molasses yields much more sugar for this purpose. The supply of blackstrap molasses is not nearly enough to meet the increased demand for industrial alcohol.

Civilians will get 325,094 fewer tons of sugar than in 1943, about 6 percent less. But they will still get 75 percent of the total supply, for only about 25 percent has been assigned to the armed forces, allies and industrial war needs. Next week we hope to have more information about what the 1944 sugar allocations will mean to the homemaker.

LAMB OR MUTTON???

"Spring lamb" has a rather special and succulent sound, and certainly these days is a delicacy to be reserved for an occasion. The first of it appears in early March...and lamb, of course, is definitely an Easter dish.

Lamb is the young sheep...mutton is the sheep grown older. A cut of lamb has a higher ceiling than the same cut of mutton, and the homemaker, remembering her pledge "I will pay no more than top legal prices", will want to know whether she is buying lamb or mutton, and pay legal prices for them.

Now, lamb becomes mutton during the second year of its life when the physical characteristics of mutton begin to replace those of lamb.

Each quarter of sheep is stamped plainly, "lamb" or "mutton" the homemaker may ask to see the quarter, on which will be stamped what she is buying. However, there are other signs in the appearance of the meat itself.

The uncooked lamb is lighter and pinker in color than that of mutton. Lamb cuts cleanly and has a satiny finish...mutton meat is firm and coarse grained. Lamb bones are red...mutton bones are white. The break joint of lamb (the front and back leg joint) is rough and shows a good deal of cartilage. When this bone becomes older...and becomes mutton bone...it is smooth and spool-like.

LEND-LEASE DELIVERIES

Deliveries of food and other agricultural products for export under Lend-Lease Act in 1943 totaled 11,488,000,000 pounds, according to the WFA, or about double 1942 deliveries of 5,730,000,000 pounds.

Quantities laid down at shipside during December were somewhat smaller than in November and October, December deliveries totaled 900,000,000 pounds, compared with 1,015,000,000 in November, and 1,115,000,000 pounds in October.

December deliveries consisted of following major categories of products (by weight): sugar, 19 percent; meat 22 percent; dairy products, 12 percent; dried eggs, 3 percent; fats and oils (excluding butter), 11 percent; fruits, 4 percent; vegetables, 8 percent; grain and seeds, 17 percent; miscellaneous foodstuffs, 3 percent; non-food-stuffs, 1 percent.

Destinations of December deliveries were as follows: British Empire, 42 percent; Russia, 51 percent; North Africa, 5 percent; Greece, West Africa and the Netherlands combined, 2 percent.

Food delivered to the allies under lend-lease is included in overall allocations of WFA, which divide United States food supplies among claimant groups on basis of needs.

WESTERN REGION FOOD SUGGESTIONS # 47

Using Abundant Foods

On the abundant food list for February and March are Irish potatoes, cabbage, eggs, canned green and wax beans, all frozen vegetables (except corn, lima beans and peas), cereal products, wheat flour, oatmeal and rye breakfast foods, macaroni, spaghetti, noodles, soya products, peanut butter and citrus marmalade. These foods are all ration point free and by using them the consumer is taking the pressure off less-plentiful foods.

Cabbage....There's a bumper crop of cabbage coming from Arizona, California, Florida and Texas. This vegetable is the national Victory Food Selection from February 24 to March 4. Cabbage is not a popular vegetable with many people because they remember the long-boiled, limp product. Shredded and cooked 5 to 10 minutes in boiling water, cabbage is worthy of another try. Served raw, cabbage can be combined with other vegetables or fruit.

Cabbage and Sweet Pickle Salad

Combine 2 cups shredded cabbage, one cup grated carrots, one medium sized green pepper (chopped), one tablespoon chopped onion, one-third cup chopped sweet pickle, 1 teaspoon sugar, dash of salt and mayonnaise to moisten. Serve immediately on crisp lettuce leaves.

Potatoes....Farmers turned out an all-time record crop of Irish potatoes. Stocks now on hand exceed normal carryover supplies for this time of year, and there are ample quantities of potatoes to meet the needs of all types of consumers.

Potato Pancakes

2 cups grated raw potatoes	Salt
$\frac{1}{4}$ cup milk	Pepper
1 egg	1 tablespoon chopped onion
2 tablespoons flour	

Put the grated potatoes immediately in the milk to help keep them from turning dark. Drain the milk from the potatoes. Add the well-beaten egg to the potatoes....then the flour and just enough of the milk that was drained off to make a stiff batter. Season with salt, pepper and chopped onion. Drop by large spoonfuls into a well-greased frying pan. Cook the pancakes until well-browned and crisp. Serve at once.

Menu

Baked Pork Steaks
Canned Green Beans
(with diced, cooked celery)
Beverage

Potato Pancakes
Cabbage-Sweet Pickle Salad
Plain Cake with Citrus-
Marmalade Icing

Stuffed Cabbage Rolls

Those outer cabbage leaves are often greener and have more Vitamin A than the pale inside leaves. Make meat-stuffed cabbage rolls with them.

First, wash some large outer leaves and parboil in boiling salted water for about five minutes, until they're wilted. Mix together equal amounts of boiled rice and fresh ground meat....some onion that's been chopped and browned...seasonings....and an egg, lightly beaten. Put a generous spoonful of the mixture in each cabbage leaf. Roll up the leaves, fasten with a wooden toothpick or piece of string. Put the rolls in baking dish...pour some canned tomatoes over the cabbage rolls...bake in a slow to moderate oven about two hours. Remove the strings carefully before serving the cabbage rolls.

Soya Muffins

1 cup sifted soybean flour	2 teaspoons baking powder
1 cup white or whole-wheat flour	3/4 cup milk
1 teaspoon salt	1 egg, beaten
2 tablespoons sugar	1 tablespoon melted fat

Sift the dry ingredients together. Mix the milk and beaten egg, add the melted fat, pour into the dry ingredients, and stir until they are just moistened. Pour into greased muffin pans and bake in a hot oven (425° F.) for 20 to 25 minutes.

Menu

Stuffed cabbage with tomato sauce	
Buttered carrots	Soya Muffins
Celery Curls	Ripe Olives
Baked Custard in Individual Cups	Beverage
(Left-over applesauce can be put in bottom of custard cup, pour the custard over the applesauce. Bake until firm.)	



Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, California
March 4, 1944

IN THIS ISSUE

PREVENTING FOOD WASTE...Americans are still wasting at least 20 percent of all food produced in this country. This loss takes place on the farm, in transit, in storage, in processing plants, in grocery stores and in the home. Consumers can help in campaign against food waste in the home by following the conservation password, "Can It Be Used?".

VICTORY GARDENS FOR SCHOOL LUNCHROOMS...Vegetables grown in community gardens for use in school lunchrooms mean a saving of ration points and money for school restaurants besides providing a wider variety of foods.

FISH IN THE FOOD PICTURE...Canned and fresh fish supplies continue in amount available during the past months. In the near future the fish supply will improve as additional boats and some fishing vessels taken for military purposes are released for commercial fishing.

CIVILIAN FOOD SUPPLIES...Consumers on the American front will have more beef and pork in March and will be able to buy more canned vegetables for their blue points in Ration Book No. 4. Eggs and many of the fresh vegetables are now on the "best buy" list.

WFA FIELD OFFICES...State and area supervisors of the Office of Distribution cooperate with farmers, food distributors and consumers in all matters relating to food distribution. Broadcasters will find these supervisors sources of information on the operation of wartime food program.

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS IN THE WEST

EGGS.....Now that fresh shell eggs are coming to market in abundance the home-maker may want to store some for the day when eggs will not be as plentiful. The following method of preserving eggs in waterglass solution is recommended by the Office of State Home Demonstration Leader, College of Agriculture, Berkeley, California.

1. Select eggs that are infertile and perfectly fresh. Choose eggs that are clean, but do not wash them. The eggs should be candled to determine freshness and freedom from cracks.
2. To one part of waterglass as purchased at the druggist's, add 9 or 10 parts of boiled or distilled water. Mix thoroughly and allow to cool.
3. Use scalded wooden or stone containers. A five-gallon crock will hold about 200 eggs.
4. Place the eggs, small ends down, in the container and pour the cooled liquid slowly over them until the eggs are covered to a depth of at least two inches.
5. Cover the vessel to prevent evaporation of the liquid. Whenever the liquid is reduced by evaporation, add more water to former level.
6. When small lots of eggs are "put down" from time to time, put them in smaller containers and date them so that those first processed can be used first.
7. When processed by this method the eggs should keep 8 or 9 months.

CABBAGE... Even though cablage ceases to be a Victory Food Selection March 4, supplies will be abundant into April. Homemakers are urged to use this Vitamin C rich vegetable frequently.

ABUNDANT FRESH FOODS...Here is a list of unrationed foods that will be plentiful during March. In planning menus and looking ahead for family needs and good market values, the homemaker can depend upon the following: cabbage (the Victory Food Selection), potatoes (white), spinach, snap beans, carrots, beets, celery, lettuce, citrus fruits, canned green and waxed beans, frozen vegetables (all ration free except peas, corn and lima beans).

Note: In addition to the above seasonally abundant foods, there are cereals and cereal products such as bread, flour, noodles, spaghetti, etc., which are abundant all the year around.

RATIONING DATES

Processed Foods

Book Four: Green stamps K, L and M valid through March 20. Blue stamps A-8, B-8, C-8, D-8 and E-8 each valid at 10 points through May 20.

Meats, Fats and Oils

Book Three: Brown stamps Y and Z valid through March 20.

Book Four: Red Stamps A-8, B-8 and C-8 each valid at 10 points through May 20.

Sugar

Book Four: Stamp No. 30 valid for five pounds indefinitely. Stamp 40 valid for five pounds for home canning through February 28, 1945.

THANK HOME CANNERS FOR REDUCED VEGETABLE POINT VALUES

From March 5 through April 1, the homemaker will find that she will be able to buy more canned vegetables for her blue points in Book No. 4. And, according to Price Administrator Chester Bowles, she has done the job herself, because of her magnificent turnout of home canning.

Blue point values for some canned vegetables will be sharply reduced. Tomatoes will cost one half as many points...peas will cost one third the amount that homemakers have been paying...and point values on corn and asparagus, have come down, too. Canned fresh shelled beans, dried prunes, raisins and currants and mixed dried fruits have been put upon the zero point list. Frozen foods, preserves and jellies, dry beans, canned soups and baby foods remain the same.

On the other hand, canned fruits have advanced sharply in point value...apples, cherries, figs, mixed fruits, peaches, pears. Pineapple juice and tomato juice have been slightly boosted too.

There are several reasons for the point value changes of these fruits and vegetables. For one thing, the total stock of canned, frozen and dried foods for civilians is about three percent higher than last year. The movement of canned vegetables has been about 10 percent lower than expected. This stock must be moved so the canners will be encouraged to process all the foods they can handle in the coming season.

The movement of canned fruits has been 17.6 percent faster than planned. The 1943 fruit crop was short, and the amount of canned fruits the homemaker received was limited. Therefore it is necessary to raise the point values of canned fruits, to slow down the rapid movement.

SWEET STORY

Sweet news for the homemaker was announced by OPA for the next quarter, which begins April first. She will be glad to know that, sugar stamp No. 30 in Ration Book No. Four, good for five pounds of sugar which was previously announced to expire March 31, will be good for an indefinite period. Stamp No. 31, the next sugar stamp, also good for five pounds, will become valid according to schedule on April 1. No expiration date for this stamp has been announced. at this time there are no details for home canning sugar. However no reduction is expected in last year's per person allowance for home canning.

Nothing can be said at this time about any expected changes in the homemaker's sugar ration for the coming months. By removing the expiration date from ration stamps, sugar buying might be postponed sufficiently, so that no change is needed. If, added to this, adequate shipping can be provided, then it is expected that the homemaker will have as much sugar in the coming months as she has been getting.

"FASHION FIRST" IN FISH

Fish has always been a traditional dish for Lent. However, during war years, meat alternates are not only timely, but kind to our rationing points.

At this time homemakers can count upon about as much canned fish as has been available through the past months. For fresh and frozen fish, the picture is about the same now, too. Transportation is still a problem, but additional new boats and some fishing vessels taken for military purposes have been released for commercial fishing purposes. This means that in the coming months the fish supply should improve.

In planning Lenten fish dishes, the homemaker will find cod, haddock, halibut, rosefish, flounder and sea herring in both fresh and frozen varieties. In the interior, carp and lake trout are making their appearances as well. In the shellfish varieties, shrimp, crabmeat and oysters will be found.

Frozen dressed fish and fillets are ready for cooking and require no cleaning or other preparation. It is not even necessary to thaw frozen dressed fish and fillets before cooking. Sometimes packaged fish are slightly salted. If the labels say they are, it isn't necessary to add additional salt. Frozen fish must never be thawed and refrozen. Fresh fish that comes to market, must be scaled and finned...and the head and tail cut off, before cooking.

Earmarks of good fresh fish are bright bulging eyes, firm and elastic flesh, scales that cling tightly to the skin, and gills that are reddish pink.

Fish is one of the outstanding protein foods, an excellent source of phosphorus, and contains considerable copper. A small amount of other minerals are present as well. As for vitamins, fish contains some B complex vitamins. The oily fish contain A and D, though these are for the most part concentrated in the fish liver and are extracted for use in vitamin concentrates.

Fish may be boiled, baked, broiled, or used in salads, in scalloped dishes, creamed and chowders. Listeners will be interested in U. S. Department of Agriculture Conservation Bulletin No. 27, called "Wartime Fish Cookery". Lots of fish dishes in this little booklet, and many tips about cooking and selecting too.

NOTHING TO "BEEF" ABOUT NOW

After two pork bonuses in the form of spare stamp #3 and #4, the week of March 5 ushers in additional meat blessing in the form of sharp point value drops on rationed pork and many beef cuts. Some sausage items are included in the new March and April tables.

Veal and lamb and mutton, butter, cheese and all other rationed fats and dairy products will remain the same in point value during March and April as they were in February, except that lard will be ration-point free during March.

Every cut of pork, with the exception of spareribs, has gone down from one to two points per pound. Bacon, with the rind off, either in the slab or sliced, has been reduced three points...and Canadian bacon has gone down four points per pound.

Beef has been reduced from one to two points per pound in cuts used for roasts, rib steaks and stews. Naturally the point value of canned and ready to eat beef and pork reflect these changes...and these items will be reduced from one to four points. By the same token a number of variety meats and some types of sausage (chiefly pork) show decreases in point value.

Civilians will eat a great deal of pork during March, in fact, pork will make up more than half the month's total meat supply. As for beef, there will be somewhat more in March than civilians had during February.

CUT FOOD WASTE

We are still wasting at least 20 percent of all food produced in this country...enough to feed the combined population of Greece, Czechoslovakia, Norway and Belgium. That's a lot of food and we cannot afford to waste it.

Fundamentally this waste is not intentional. It's because we in America have always had so rich an abundance of food that we have become careless...and it's hard to break an old habit. But no nation wants to have on its conscience the knowledge that one out of every five pounds of food produced is wasted. This waste takes place on the farm, in transit, in storage, in processing plants, in grocery stores and in the home. Every person, on the average, throws away 100 pounds of edible food in the home alone.

Food is a precious thing in England, and there it is a penal offense to waste food. English homemakers get only 2 ounces of butter a week for each member of the family---one-half of a cube. In order to conserve butter they spread it on the bread before serving, thus eliminating that "sticking-to-the-plate" waste. If every person in the United States saved only one-half an ounce of butter a week, it would have been nearly enough to supply our entire army all of last year.

Many American homemakers are trying to conserve food but there is still much to be done. For instance, an enormous amount of uneaten food left on the plate is scraped into the American garbage can every day. An experiment conducted in connection with a dinner in a midwestern state showed that 81 diners left 17 pounds of uneaten food upon their plates. Homemakers don't weigh the food left on the family plates...but they would be amazed and perhaps a little ashamed if they did.

Of course, homemakers aren't the only wasters, as has already been stated. Studies show that 3 percent of all foods handled in grocery stores goes to waste because of damage in transportation, poor storage, bruising and handling by customers. When food is brought to market by truck or train, rough handling, delays and lack of refrigeration cause about a 2 percent loss.

Campaigns in various parts of the country prove what can be done through concentrated effort. During a two-week campaign homemakers in Kansas City reduced food waste 19 percent. A month's campaign in Lansing, Michigan reduced waste 23 percent. A two month's campaign in Charlotte, North Carolina reduced food waste 28 percent.

If every homemaker tacked a small sign above her sink or work table reading "Can It Be Used?" she would stop and think before wasting a leaf of lettuce or a slice of bread. At the table members of the family can school themselves to take no more than they will eat...scrape the plate and tip the bowl. Even Emily Post agrees that wartime etiquette allows bones in fingers, grapefruit squeezed dry and gravy mopped up.

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available
on three West Coast wholesale markets

LOS ANGELES

Vegetables: Best buys this week are cabbage, spinach, turnips, rutabagas, lettuce, romaine, endive, mustard greens and the Number two grade of potatoes and sweet potatoes. There is a wide range in vegetable prices. Cauliflower, celery and cabbage are lower than last week. Beets, turnips, mustard greens, banana and hubbard squash, chard, spinach and carrots are moderately priced. Parsley, green onions, leeks and radishes are rather high. Tomatoes from the Imperial Valley and Mexico are in lighter supply and selling at ceiling prices. Broccoli is in moderate supply and slightly lower. Asparagus, artichokes, Brussels sprouts, white summer and Italian squash, garlic, mushrooms and peas continue high.

Fruits: Fruits continue rather high. Apples sell at the ceiling price and the supply is not equal to the demand. Adequate supplies of oranges and grapefruit are available and the price is slightly higher. Lemons are plentiful and a bit lower.

SAN FRANCISCO

Vegetables: Wholesale prices of vegetables have remained constant during the past week or have advanced slightly. Outstanding as the best buy is cabbage. Supplies are liberal and the quality good. Other good buys this week are broccoli, potatoes and banana squash. Peas are a little lower in price, as are mushrooms. Lettuce is higher, but still a moderately priced vegetables.

Fruits: Hothouse rhubarb from the State of Washington is arriving in increasing quantities and wholesale prices have dropped steadily during the week. Oranges are plentiful, but the demand has been heavy and prices have advanced to near ceiling levels.

PORTLAND

Vegetables: With a large volume of the daily vegetable produce coming from California and with recent storms retarding harvests, there is a temporary shortage of some of the favorite vegetables. Bunched vegetables and cauliflower are scarce at the present time with resultant higher prices. Established ceilings, however, will keep prices reasonable. One of the best buys is cabbage. Fine quality is still available from local fields at reasonable prices as well as an ample supply on hand from California. Lettuce supplies are liberal due to the fact that most of this was harvested before the stormy weather. Potatoes are plentiful and prices lower. Many local growers are now bringing stocks out of potato cellars.

Fruits: Orange supplies are short and the "good buy" period of two weeks ago is past. Receipts have not been sufficient to supply the demand and many jobbers are restricting sales.

SCHOOL VICTORY GARDEN

Note to Broadcasters: This is another in a series of articles on the community school lunch program. Additional material on these school lunchrooms in the west can be obtained from state supervisors of the Office of Distribution, WFA, or from lunchroom managers at the schools.

School lunchroom sponsors are saving ration points and money these days by having community vegetable gardens in connection with the school. These gardens also allow a wider variety of foods to be served in the lunchrooms and provide for the day when certain fresh fruits and vegetables aren't available in the area. At the public school in Simms, Montana the school has had a three acre garden for several years that provides food for the lunchroom. The harvest last fall resulted in 4,000 pounds of potatoes, 2,000 pounds of carrots, 1500 pounds of rutabagas, 2,000 pounds of parsnips, 300 pounds of cabbage, 300 pounds of squash, 200 pounds of dry beans and 200 pounds of onions...this in a soil and climate not particularly kind to truck garden ventures. And the harvest meant more food than the school needed. As a result, Simms school is one of the few in the nation giving away food these days. The townspeople came in for a share, and even the servicemen's canteen in Great Falls, Montana received some of the prize vegetables. Out of a total enrollment of 236 pupils in both the elementary and high school, about 175 eat their lunch at school each day. Almost all these children come by bus to school....some as far as 20 miles away. These vegetables are stored in the school root cellar, and the principal has a time keeping the children out of the carrots. The students are so fond of raw carrots that they go into the cellar and stuff their pockets.

Simms Public School is one of the 204 schools in Montana receiving financial assistance from the WFA's Office of Distribution in the purchasing of food required to serve a wholesome lunch at school. The Federal indemnity provides about 60 percent of the cost of certain foods, such as milk, cheese, fresh and dried fruits, fresh and processed vegetables, fresh meat, poultry, eggs, dry beans and peas, butter, fortified margarine, bread, cereals, peanut butter, etc. The labor, equipment and maintenance costs, plus any extra food purchases, must be taken care of by the local sponsors.

FAT NEWS

American homemakers will be able to buy lard without ration points during March because 50 million of the extra 100 million pounds have been allocated for civilian use.

There are several reasons for the unexpected addition of lard to the zero point value list. First of all, an exceptionally large slaughter of heavy hogs produced about 514 million pounds of lard during January and February...around 200 million pounds more than for the same period last year. There is a lack of storage space and packaging facilities for this extra lard supply, and shipping has been curtailed, too...most of it has been diverted to more important military purposes.

The other 50 million pounds...will go to soap manufacturers. This, however, will not affect the consumer, as it will be considered a part of the original allocation for soap makers, and does not mean an increase in the amount of soap manufactured.

OD FIELD OFFICES FOR LOCALIZED INFORMATION

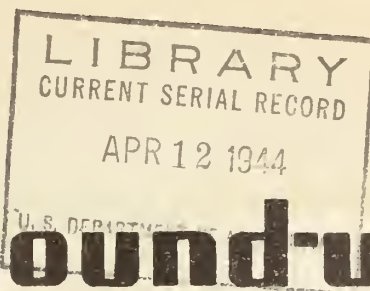
Broadcasters will find the state and area offices of the Office of Distribution, WFA, a source of local information on the operation of wartime food programs. We are attaching a list of these offices so that you will be able to get in touch with the OD representative nearest you.

Buell F. Maben, western regional director of food distribution, points out that the field offices will make possible greater cooperation and faster decisions in matters relating to food distribution, so that farmers, food distributors and consumers can be served most efficiently.

"Tremendous production, particularly of perishable crops, frequently presents marketing problems which have become further aggravated by wartime disruptions of labor supply, transportation, warehousing and processing --- not to mention government regulations designed to achieve a major wartime objective," states Maben.

"We are working out cooperative plans so that the normally high peacetime percentage of food waste is reduced in wartime. Even today a commodity might be a "backed-up" surplus in one locality and be in short supply in a neighboring area. We must use every means to see that all food is distributed and utilized."

The Office of Distribution (formerly Food Distribution Administration), as an agency of the War Food Administration, is charged with the over-all allocation and management of the nation's food supply after it leaves the farm. The western regional office with headquarters at San Francisco, covers nine western states (California, Arizona, Nevada, Utah, Idaho, Montana, Wyoming, Oregon, Washington) and Hawaii. OD carries on lend-lease purchases, food distribution orders, agricultural marketing and diversion programs, nutrition, food conservation and preservation campaigns, industrial feeding advisory services, school lunch programs, material priority services to processors, Federal grading and inspection operations, market news service and other related activities.



Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, Calif.
March 11, 1944

IN THIS ISSUE

FOOD RESEARCH CENTER....Beltsville, Maryland is the scene of Department of Agriculture activity on food research. War has put the accent upon food and efforts at Beltsville touch every phase from the farm continuing to the family table.

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REASONS FOR CHEDDAR POPULARITY....Milk allocated for cheese must go into a variety that will serve all war purposes in the best possible way. Cheddar ships well and can be produced faster and by more manufacturers than any other type.

* * *

SPICE SUPPLIES FOR '44....Less pepper but a substantial increase in the quantities of allspice, ginger, mace and nutmeg is the picture for homemakers for the current year.

* * *

BUTTER FOR WAR NEEDS....Civilians will not be getting any of the 70 million pounds of butter that the WFA now has in cold storage. This supply is already scheduled to be transferred to U. S. armed forces, territories, Red Cross, civilian hospitals and to meet lend-lease requirements.

* * *

VICTORY GARDEN PLANS....Now is the time for homemakers to plant the seeds of a garden firmly in her mind. New gardening bulletin of Department of Agriculture explains planting and care of victory crops.

* * *

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS IN THE WEST

VEGETABLE GREENS...West coast homemakers will find vegetable greens at their best during the early spring...February into April. Greens rich in food value and now available include spinach, chard, mustard greens and some collards and kale. The color of spring greens adds interest to the table, and their food value adds nutrition to the family diet. One good sized serving of greens provides an outstanding source of Vitamin A. It contains riboflavin and iron too. Added to this a serving of greens contains considerable Vitamin C which helps keep teeth, gums, bones and blood vessels healthy.

Every homemaker knows the delicious "spike" of raw chopped greens in salad. Greens may also be served with cream sauce or mushrooms, or in a loaf or vegetable casserole. Greens should be cooked quickly...until just tender...in only the water that clings to the leaves.

BEST BUYS... In vegetables, at Los Angeles, cabbage, banana squash, rutabagas, potatoes, turnips, carrots, romaine and lettuce are in good supply at reasonable prices. Cauliflower and celery are plentiful, and receipts of peas are increasing. Onions, eggplant, and peppers are in light supply. Bunched vegetables, carrots, turnips, beets, spinach and chard are reasonable.

At San Francisco, current best buys include broccoli, cabbage, lettuce and peas. Asparagus receipts are increasing. Celery supplies are abundant.

The Portland market reports plentiful supplies of spinach, topped turnips, parsnips, topped carrots.

Plentiful fruits include grapefruit on all three coast markets...rhubarb in moderate supply at Los Angeles...oranges in limited supply in Portland, adequate at Los Angeles...both apples and oranges selling at ceiling in San Francisco...avocados are in lighter supply in Los Angeles, due to rainy weather. Avocados of good quality are selling at fairly low prices in Portland.

RATIONING DATES

Processed Foods

Book Four: Green stamps K, L and M valid through March 20. Blue stamps A-8, B-8, C-8, D-8 and E-8 each valid at 10 points through May 20.

Meats, Fats and Oils

Book Three: Brown stamps Y and Z valid through March 20.

Book Four: Red stamps A-8, B-8 and C-8 each valid at 10 points through May 20.

Sugar

Book Four: Stamp No. 30 valid for five pounds indefinitely. Stamp 40 valid for five pounds for home canning through February 28, 1945.

NOTHING BUT THE BEST

Thirteen miles from Washington, over an area of nearly fourteen thousand acres, constant daily experimentation and effort are going on to help give the American family the best in food. This center of scientific progress is Beltsville Research Center, of the United States Department of Agriculture at Beltsville, Maryland. Here scientists work with problems of food, from the soil and seed, to the table.

Thousands of experiments are conducted in thirty-six well-equipped laboratory buildings, thirty-one greenhouses, and one hundred barns. A visitor to Beltsville could tour through pastures, fields, orchards and even an experimental forest. There are drug gardens, too, and fungus collections. So that no phase of agricultural research is overlooked, the Beltsville Center is well equipped with the usual farm stocks...dairy, beef and dual purpose cattle, goats, sheep, hogs and thousands of breeding fowls. An apiary for the bees is part of the equipment, too, as well as more than five thousand small experimental animals such as rats, mice, guinea pigs and rabbits.

War has put an accent upon food, and efforts at Beltsville touch every phase of the farm, continuing through the many ramifications of food and all the problems to which it is related. The results are put into leaflets, bulletins and other publications and sent throughout the country. Anyone may write to the United States Department of Agriculture for information on any food or farm problem, and receive these publications.

One food on which a great deal of current research has been, and is still being, done is soybeans, together with their products. This food deserves the spotlight, not only because of its high protein value, but because of its easy availability. When soya flour and grits were released to civilian markets in quantity, the Bureau of Human Nutrition and Home Economics had recipes all ready to tell the homemaker how to use them. This is only one small example of the service rendered at the Beltsville Research Center.

A service that is very close to the homemaker, however, is that in meat cooking. Experiments in cooking meat started in 1924. The meat used comes from the Bureau of Animal Husbandry of state research stations that work with Beltsville. After the meat is cooked, it is tasted and rated by a panel of judges. Cooking temperatures and methods are considered as well as the breed and age of the animal or bird, and the results are carefully noted and rated.

It was the result of these experiments in meat cooking that gave the homemaker the present and newest method of cooking meat at moderate temperature. The old method supposed that searing the outside of the cut was the secret of keeping juices intact. But Beltsville experiments over a long period of time show that temperature control is the important factor. Cooking meat from start to finish at moderate temperature not only holds in the juices, but saves much shrinkage and keeps the protein tender. Because of these experiments, homemakers can conserve wartime meat purchases with moderate temperature cooking.

From time to time Round-Up will carry more stories for your listeners about Beltsville Research Center where the effort to give the homemaker and her family better food, continues endlessly.

"BUTTER" GET IT STRAIGHT

Newspapers recently carried a story about 70 million pounds of WFA butter in cold storage in February. That seemed to be a lot of butter, and homemakers started to wonder about it.

Let's get the facts straight. In a word, every pound of butter on hand is committed for use during early 1944. Fourteen million pounds are to be used from now till June to complete lend-lease and other WFA commitments (mainly for the Russian army). The rest is to be transferred to our armed forces, U. S. territories, the Red Cross, and our civilian hospitals.

The 70 million pounds of butter now on hand is part of 213 million pounds purchased during the period from February through September of last year. This is the period of the year when butter production is at its peak. During that time the government buys all its butter requirements for the coming year...and this purchase provides a pretty even supply for civilians during the fall and winter, when not much butter is produced. Thus every one gets a fair share of the precious food, spread fairly evenly through the succeeding year.

CHEDDAR CHATTER

The cook's delight...cheese in all its flavorful varieties...seems to be mostly missing these days. The only type of cheese that's around pretty regularly is the good old standby, American cheese...called by the trade "cheddar". And there isn't too much of that.

Homemakers are wondering why the fine genius of cheesemakers has been directed to the making of such a large proportion of cheddar cheese. Well...they know that the materials for automobiles and refrigerators etc., have been directed into channels for war purposes. In the same way, milk allocated for cheese has been designated for a cheese that would serve all war purposes in the best possible way. And that cheese is cheddar. It's like this:

When our soldiers are still in the United States training, they get lots of milk. But when they go overseas they must get their milk nutrients from processed dairy products that can go safely across the ocean with them. Evaporated milk and milk powder serve that purpose...and cheddar cheese. There are several reasons for the selection of cheddar above all other varieties of cheese. For one thing, it ships equally well to both hot and cold climates...for another, it can be produced faster and by more manufacturers than any other type. An important factor is its food value, for cheddar contains more milk solids and less water per square inch than most other types. Then too, cheddar can take rough treatment...be stored for long periods, and when it's ready for use, it's still fresh and flavorful.

The allies want more cheddar cheese, too, to fill out their skim milk and meat supplies...and the Red Cross has asked for 65 million pounds more than they had last year. When the homemaker understands the reason for the heavy demand, she will be glad to forego many of her old cheese favorites and share her cheddar, too.

SPICY CONVERSATION

Slightly less pepper but a substantial increase in the over-all spice supply for the homemaker, is the spice story for the coming year.

Since all spices are imported, our supply depends upon shipping, and, as your listeners know, shipping has been precarious during the past two years. Black and white pepper comes from the Dutch East Indies, now under control of the Japanese, and from India. Indian pepper is high priced and shipping is difficult as well, so that at present black and white pepper importations have ceased entirely. Fortunately there are enough reserve stocks now in the United States to help take care of civilian needs and other claims until January 1, 1946. But the homemaker's pinches of pepper will have to be fewer and farther between this year, for she will get even less pepper than she has had.

There's a brighter outlook on some other spices, however. Allspice comes from Jamaica, where it's called pimento. Ginger comes from that little island, too. Since shipping from Jamaica has improved a good deal, homemakers can count on enough of both of these spices. Matter of fact, 3.7 million pounds of ginger have been allocated for civilian use for the year, in comparison to 3 million pounds which was the average civilian consumption in pre-war years.

Mace and nutmeg hail from Granada in the West Indies, and shipping in those lanes has improved greatly too. The packer's delivery quota for mace has doubled, and for nutmeg it has jumped ten percent, so that more of both of these spices will grace the family cupboard than did last year.

Cloves are grown in far-away Zanzibar and Madagascar. Zanzibar shipments of cloves have increased substantially, so that cloves, too, will be on the plus list for the homemaker.

Cinnamon story is not so cheerful. We have been accustomed to cassia, the thin, aromatic bark of a tree. This was supplied from Java, China and Ceylon. Of course, Java and China supplies have been cut off completely. Although the Ceylon supply is still coming through, the over-all cinnamon supply is short and the cinnamon we are getting is not of as high quality as the Chinese cassia.

TURTLE TALK

After floating around more or less at large, turtles have at last found their niche in the Special Commodities branch of WFA's Office Of Distribution, where they have recently been assigned.

Although some Indians in the West eat land turtles, ordinary folks eat green sea turtles in soup form. To most people turtles are a delicacy...something to give special "zip" to a meal, and homemakers will be glad to know that they will still have turtle soup in cans, although in slightly less quantity than in pre-war days.

There is no even supply of green sea turtles..that is, fishermen seldom go out for turtles alone. They are more or less incidental to the catch of other sea food. Turtles are found along the east coast...and in greater profusion as the coastline dips southward. They float lazily around about four miles out from the coastline, covered with barnacles and sea moss. Turtles make little effort to get food. They eat fish, but show practically no initiative about trying to catch them...they wait until the fish come to them.

Turtles are comparatively easy for the fisherman to handle after they are caught. They're put on their backs, and left there until they reach the market. They come to market alive, are delivered to the retailer, and he dismembers them. The shell, head and feet are thrown away, and the flesh under the shell and some from the thigh is salvaged, and sent along for soup making purposes. Most of the turtle supply goes to canners, though some famous restaurants do use fresh turtle meat for soup.

A SEED IN THE MIND IS FOOD ON THE TABLE

Even though, in many sections of the country, the "north wind doth blow", it's high time for the homemaker to plant the seed of a victory garden firmly in her mind.

Whether she has a pocket handkerchief space, or an accessible vacant lot, there are many things to bear in mind. If the space is sunny, and has reasonably good soil, she need have no hesitation about starting a small garden. Two tests for good growing space are: (1) sun for six hours or more a day, and (2) moist fertile soil. If weeds grow profusely on the land it is safe to say the soil is fertile. No standing water shows the soil is well drained. Next thing to think about is an assortment of vegetables to raise...their adaptability to the climate of the region, and the food value to the family. Tools must come in for some consideration, and above all, dependable knowledge of procedure is important.

Brand new, complete and detailed is the Department of Agriculture miscellaneous publication No. 538, called "Growing Vegetables In Town And City". Whether the home-maker is an amateur gardener of the first water, or an old hand at tilling the soil, this booklet will be a valuable addition to her gardening library.

In seasonal order, this new bulletin explains how to choose a location, arrange crops, and choose as well as care for tools, then it continues with soil preparation and improvement, with planting (the time and kind of crops) transplanting, care and culture of specific crops. Here the Victory gardener will find a list of important "don'ts", and a glossary of various vegetables, their description and growing problems. Two invaluable charts appear in the booklet... a regional map showing the average dates of the last killing spring frosts and the first killing fall frosts in each area. For use with these maps is a detailed planting calendar, showing the time for planting each vegetable in each region. The 1944 Victory gardener will find the bulletin readable and directions extremely easy to follow. She will find that gardening is fun, too, and that it bears precious food value for her family.

Your listeners may have this booklet on "Growing Vegetables in Town And City", by writing to the Office of Information, United States Department of Agriculture and asking for miscellaneous publication No. 538. Further and more localized information may be obtained in each region by writing to the State Agriculture College.



Radio Round-up

on food...

A Weekly Service
For Directors of Women's Radio Programs

San Francisco 3, California
March 18, 1944

IN THIS ISSUE

EGGS, THE PROTEIN BUY OF THE MONTH....With warehouse facilities for storing eggs now filled to capacity in the west, the homemaker can ease the temporary abundance by using an extra dozen eggs per person during the next four weeks and by "putting down" eggs against the time when supplies will be shorter.

* * *

PLAYING FAIR WITH TOKENS....Tokens have been created for the convenience of the homemaker, and if used wisely they will save her points. By hoarding tokens the consumer helps to cause a food shortage.

* * *

PEANUTS LEAVE CONFECTION CLASS....Listed in Group Five of the Basic Seven Food Chart, peanuts are among the foods considered as meat alternates. Two tablespoons of peanut butter supply a generous amount of the daily protein requirements, some iron, calcium, riboflavin and thiamin.

* * *

MORE BUTTER EXPECTED....For the next month or two there will be more butter moving into civilian trade channels. Although the government will start buying butter again in April the purchases will be smaller than for the same month last year.

* * *

SALVAGE DRIVE CONTINUES....Lowered point values on canned vegetables will mean more tin containers in the home. The steel in only three of these salvaged cans provides enough metal for a hand grenade.

* * *

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS IN THE WEST

EGGS..... Warehouse facilities for storage eggs are now filled to capacity, and homemakers are urged to increase purchases of eggs now coming to western markets in record breaking supplies. Shipments of eggs already received on the Pacific Coast are 204,325 cases greater than last year, or about one-third higher.

By increased consumption plus home storage of eggs, the temporary abundance will be eased. Present competitive prices now make the "putting down" of eggs a safeguard against the future when supplies will be shorter and prices higher. Consumption of an extra dozen eggs per person during the next four weeks will help the war effort by relieving demands on less plentiful protein foods.

LAMB..... Song writer feed little lambs ivy, but farmers depend on a good early grass crop for the spring lambs' food. This year because the first grass crop will be later than usual, fewer Easter menus will be highlighted with spring lamb. Cold weather and lack of rainfall are blamed for the delayed growth of grass. However, with the continued heavy marketing of hogs, ham should be fairly plentiful.

PORK..... Homemakers can plan on a good supply of other pork products too. In the praise of pork, broadcasters might plug the lowered point value on many types of pork sausage and on bacon.

POTATOES... Stocks in the hands of growers and local dealers on March 1 were 70 percent larger than stocks on this date last year...or 70 million bushels compared to 45,300,000 bushels. Most of these holdings are in eighteen surplus late potato states. As a result, homemakers in the Pacific Coast and Rocky Mountain states are being benefited by these abundant supplies. And there will be ample stocks until the new potatoes come to market in increasing shipments.

CARROTS.... Bunched and top carrots are in good supply on western markets. With a recent lowering of the price ceilings on carrots to consumers, the homemaker can consider this root vegetable a better buy than in previous months.

RATIONING DATES

Processed Foods

Book Four: Blue stamps A-3, B-3, C-3 D-3, and E-3 each valid at 10 points through May 20.

Meats, Fats and Oils

Book Four: Red stamps A-3, B-3, C-3, D-3, E-3 and F-3, each valid at 10 points through May 20.

Sugar

Book Four: Stamp No. 30 valid for five pounds indefinitely. Stamp 40 valid for five pounds for home canning through February 28, 1945.

PEANUT PROSPECTS

Homemakers have enjoyed an abundance of peanut butter this year, and they can look forward to even more next year, if the peanut crop grows up to its expectations. The War Food Administration has asked that 30 percent more acres be planted in peanuts in 1944. This means even more peanut butter.

Through the years, some homemakers have built up the idea that peanuts are just a confection...that peanut butter is just a nice pickup for children. But actually, peanuts are more than that...they are an important protein food. They are listed in Group Five of the Basic Seven, as meat alternates. A big handful of peanuts, or two tablespoons of peanut butter will supply a generous amount of the daily protein requirement. In addition, peanuts and peanut butter contribute some iron, calcium, riboflavin and thiamin.

Peanuts and peanut butter may be used in many ways...in salads, in desserts and meat sauces. In our busy rationing arithmetic, zero point value peanut butter can help amazingly. For one thing, peanut butter is excellent as a spread...it's so rich in fat. A homemaker might introduce her husband and family to breakfast toast, spread with peanut butter and citrus marmalade. This will be an unusual breakfast treat, and at the same time the homemaker saves her precious butter. Combined with other low-point no-point foods, peanuts and peanut butter as a sandwich spread for enriched bread are practical and palatable. Since carrots are abundant, mix ground peanuts and ground carrots for sandwiches. Bacon is now only one point per pound and broiled bacon and peanut butter sandwiches are crunchy and delicious.

EGG LORE

During these war years, when proper nutrition is especially essential, American hens are cooperating to the fullest extent. They have contributed an increasing amount of protein in the form of eggs and their production this year will reach an all-time high.

In 1944 eggs will be numbered at the amazing figure of 5.1 billion dozen...more than 60 billion eggs. Three out of four eggs, fully 45 billion, will go to civilians. Every fourth egg will go to lend-lease and other war requirements. This means that each member of the American family can have more than one egg a day this year. This is five more eggs per person than last year, and four dozen more eggs per person than in pre-war years.

Homemakers like to hear about this abundant production because they know that eggs are a protective food, high in protein and other food values. In these days of rationed meats, alternates are often required, and eggs are one of the best. Let's take a look at the food value of eggs, particularly their protein value, in relation to the protein required in the proper diet.

An average, moderately active adult requires about 70 grams of protein daily...about 500 grams of protein a week, according to the recommended dietary allowance of the Committee on Food and Nutrition, National Research Council. Since the weekly average allowance of meat under the rationing system is about 2 1/4 pounds per person, the amount of protein supplied by that allowance is about 200 grams...less than half the required amount. Therefore, meat alternates with high protein value must be used. One egg contains about 7 grams of protein, and an egg every day would supply about 50 grams of protein, nearly one-tenth of the weekly requirement for an average adult.

Added to this contribution, eggs are also rich in Vitamin A and B, and they are the richest of all common foods in Vitamin D. The fact that eggs are a good source of iron is another reason to list them high on the meat alternate list.

With these food facts in mind, the homemaker can readily understand the importance of using eggs, and using them now, while they are especially abundant.

A WHALE OF A FISH STORY

Strange names are appearing on the roster of edible fish, and American families are eating a larger quantity of unfamiliar fish and shellfish than ever before. What's more...they like it.

Among the newcomers to the civilian table are shark steaks, carp fillets, smoked buffalo fish, and mussel chowders. The West Coast has even toyed with whaleburgers. In Seattle, Washington reports showed that soupfin shark steaks were bringing a higher price than any other fish steaks except the famous chinook salmon. On the Florida east coast, the demand for shark steaks exceeds the supply. Since both these regions have access to a wide variety of sea foods, these stories of enthusiastic reception speaks well for shark steaks.

It seems strange that although the annual catch of shark has amounted to about 15 million pounds, nothing was used except the shark liver and skin. The liver yields valuable oil that contains Vitamin A. As a matter of record three-fourths of all the Vitamin A used in the United States last year, was supplied by shark livers. However, until last year there was no market for shark meat, which meant that three to five million pounds of shark meat was discarded annually.

Troubled by this huge waste, a Seattle fish dealer began a series of experiments, and found that shark meat tastes very much like haddock, but with the texture of swordfish. This dealer then conducted further experiments, found that shark could be kippered, or slightly smoked, too. Kippered shark is a pale pinkish orange in color, and has a delicate flavor very much like smoked salmon.

So enthusiastic was the reception of the new shark meat that demand spread rapidly, and now exceeds that amount that fisherman can supply.

As a matter of fact, last year eight times more shark meat was landed in Seattle alone than in 1942...a million and a half pounds. Chicago markets, which are a good middlewestern barometer, used one hundred thousand pounds. New York and other eastern cities get their shark meat from the Atlantic coast. This year, it is estimated that 2 million pounds more will be added to the national food supply.

STOP, THINK, SAVE

Changing point values during this period should increase the homemaker's salvage contribution to the war effort. Lowered point values on canned vegetables mean more tin containers in the home. The temporary use of more lard in cooking should present an excellent opportunity for greater household salvage. Every salvaged tin container and every salvaged pound of fat is ammunition vitally needed.

Let's follow a can of salvaged fat from its storage place in the refrigerator to its final destination. First, the can of fat is taken to the butcher who gives the housewife two red points for it. Then the butcher sends his accumulation of fat to a rendering plant where it is placed in cookers and heated. The foreign matter sinks to the bottom, and is used as animal feed. The remaining grease is graded and sold for many purposes. Some of it goes into the making of explosives, anti-aircraft guns, howitzers, airplane cannon, and dynamite. Another portion of the fat helps manufacture military medicines such as precious sulfa ointments, smallpox vaccine, insulin, surgical jellies and opiates to ease pain. A large portion is allotted to military uses -- synthetic rubber, airplane lubricants, depth charge releases, nylon for parachutes and incendiaries. The remainder is used for industrial purposes.

Tin containers, once they are flattened and collected, travel to one of eight de-tinning plants. Huge cranes carry big loads of cans to a rinsing tank where they are washed with clean hot water. Next, they go into a de-lacquering tank, which removes any lacquer. Finally, when the cans are clean and dry, they are immersed in a de-tinning tank where the 1 percent of tin is removed by chemicals from the 99 percent of steel contained in most cans. The steel cans are shipped to copper mines or sent in bales to steel mills. The tin is purified through a series of operations, and is at last ready for its many war uses.

The homemaker has the satisfaction of knowing that in salvaging a tin container she is contributing both tin and steel to the war effort. The steel in only 3 of her salvaged cans will provide enough steel for a hand grenade, and a neighborhood collection of about 250 cans will supply steel for a machine gun. Steel from tin cans also helps in the making of bombs and tanks and battleships.

The tin salvaged from containers goes into the bearings of anti-air craft guns, torpedos, submarines and bombers. The tin from two cans will provide enough tin for a syrette. the miniature hypodermic that many soldiers carry to relieve pain if he is wounded.

A BIT ABOUT BUTTER

Probably there will be a few more smiling faces around the grocery store ice box because the butter supply is expected to improve week by week for the next month or two. Although the government will start buying butter again on April 1 for the first time since last September, the purchases will be a smaller percentage of the butter output than were Uncle Sam's butter-buys for the same month last year.

The entire quantity of the butter set-aside for April will be purchased by the U. S. armed forces and war services such as Veterans Administration and War Shipping Administration. The War Food Administration which buys butter to help meet the needs of U. S. territories, Red Cross, and Russian soldiers will not buy butter during April but will fill its commitments from present supplies.

The butter set-aside order which will be reinstated April 1 is part of the government's program to keep a fairly uniform food supply in the stores. As you know, butter production has a wide seasonal variation. If the government met each month's war needs out of that month's production, civilian butter supplies would be fairly high in summer when butter production is at its peak but extremely short in winter when production is low.

PLAY FAIR AND SQUARE WITH TOKENS

A token-hoarding homemaker could help to cause a food shortage, but if she keeps her tokens in circulation, she will save time, food, and ration points. That is the way it works.

The token supply is limited. If tokens are kept out of circulation, the grocer must get more. In order to do this, he must use his precious points in exchange for more tokens at the bank. Ordinarily, he would use these points to buy more food stock for his store, but if he is forced to give up too many points for tokens at his bank, he naturally will not have as many to use for food stock for his customers.

Homemakers are in the habit of using stamps, and the use of tokens is new. They will have to be urged to use their tokens before their stamps. Tokens have been created for the convenience of the homemaker, and if used wisely they will save her points. Before tokens were available, ration stamp points sometimes added up to greater point value than the purchases, and the customer had to sacrifice points or buy more food than she needed. With tokens the customer gets full food value of the ration points.

Tokens are easy to use...they were created so the homemaker would get a fair deal all around. Now, it's up to the shopper to give her grocer and herself a square deal...and keep those tokens moving.

A PEEK AT THE POST-WAR FEEDING PROBLEM

A few days ago at a meeting of people interested in post-war feeding, Lee Marshall, Director of Food Distribution said he thought the allocation system would be an essential part of our food economy during the reconstruction period that will follow the war.

"The allocation system, as I see it", said Mr. Marshall, "Will function much as it does now. It will guarantee to Americans, both in and out of the armed forces, a diet that is based on the standards of good nutrition. It will guarantee to the hungry people of other countries that we will help them as much as we, in the light of our own needs and resources, are able to do."

The allocation system, you remember, is the planned division of our expected food supply. Every agency that has a claim on the expected food supply states its requirements. The needs of our civilians are presented by the Civilian Food Requirements branch of the Office of Distribution. Requests for food to meet current needs and maintain necessary reserves are filed by the Army, Navy, Marine Corps, War Shipping Administration and Veterans Administration. Requirements of Great Britain, Russia, and Liberated countries are submitted through the Foreign Economic Administration. The needs of the Red Cross and our territories...Hawaii, Puerto Rico and Alaska are listed. Of course, every claim must be supported by facts clearly demonstrating essential needs.

When all the claims are in they are matched against the available supplies. If there isn't enough food to meet all the demands, the claimants are asked to look over their lists again and see where they can make reductions and substitutions.

Certainly the relief feeding problem for the reconstruction period after the war is a big one. Mr. Marshall said, "Its solution will depend...as the war food program does now...upon complete cooperation and understanding."

Mr. Marchall feels that it's most encouraging to have the existence of a post-war feeding problem recognized so early. The director of Food Distribution closed his talk by saying, "The fact that an international agency (UNRA) has been set up and food forum meetings are held to bring some of the factors of the problem into sharper focus augurs well for the future."

SOUTHERN CALIFORNIA SCHOOL LUNCH PROGRAM

Lecturers on the theory of democracy should visit the Ocean View School in Huntington Beach, California during the lunch hour. They will see democracy at work, and get a first hand view of results.

This invitation is extended by Harold O. Boos, district superintendent, who inaugurated and supervises the Ocean View school lunch program now serving 235 pupils daily. Mr. Boos can be found any noon in the improvised cafeteria in the school basement attired in a long white apron overseeing the preparation of the hot lunches. This school serves a well-balanced meal that provides about one-half of the child's daily food needs. A recent menu included meat loaf, peas and carrots, potatoes and gravy, lima beans, bread and butter, prunes and a half-pint of milk.

"Our text books tell about democratic ideals, but our lunch program shows these ideals in practical operation", said Mr. Boos. "Every day, one or more members of the Parents and Teachers Association help our cooks in the cafeteria. A teacher also assists in supervision. This creates a better understanding between the school and parents since both are working together for the physical good of the children. And when we call for students to help wash dishes, wipe tables, serve milk and perform similar tasks, we get volunteers from every social and economic level in the school."

Out of the total enrollment of 306 pupils at Ocean View, over two-thirds enjoy the nutritionally balanced lunch at a prevailing charge of 12 cents per meal. Children unable to pay receive lunch free, and these children are determined by the head of the school, a teacher and the school doctor or nurse. A system of tickets eliminates the possibility of discrimination against non-paying students.

Mr. Boos' enthusiasm for school lunches lead him to study dietetics, and he has trained women in the community for the work of cafeteria cooks and helpers. The meals are balanced as to food value, and even as to color. As a result the lunchroom is a very popular place and the balanced ration idea has gone into many homes through the students.

"A well-fed child does not present the potential discipline problem that an underfed or improperly fed child does. Our records show weight gains, improved health, increased sociability, better behavior and attendance since the cafeteria opened. By keeping children in the proper environment at the noon period, the lunch room is also working against juvenile delinquency," said Mr. Boos.

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available on three West Coast wholesale markets.

LOS ANGELES

Best buys in the vegetable market as shown by wholesale prices are cabbage, rutabagas, turnips, carrots, Banana squash, beets and lettuce. Onions are still scarce and selling at the ceiling price. Broccoli receipts have diminished and the price is slightly higher. Potatoes continue unchanged in price. Peas are in moderate supply and higher than a week ago. Rhubarb receipts from local districts and hothouses in Washington state are increasing.

Among the fruits there is an adequate supply of Navel oranges and the price is lower. Grapefruit and lemons are plentiful with the prices generally unchanged. Avocado supplies are also increasing with the prices slightly lower. Fruits now in light supply are tangerines, apples, strawberries and storage pears.

SAN FRANCISCO

Broccoli, cabbage and potatoes continue as the best buys on the fresh vegetable market. In the moderately priced group are carrots, cauliflower, celery, lettuce and spinach. Receipts of artichokes have been increasing and this vegetable is now dropping out of the higher priced group. Asparagus from the Delta district is in moderate supply. The wholesale price is higher than last week but the quality has shown improvement over earlier receipts. Rhubarb is quite plentiful with some rhubarb from Alameda County now coming to market.

There has been little change in the wholesale prices of fruits, except on avocados which are lower. Oranges are in moderate supply due to the in between season on Navels and Valencias, and are selling at the ceiling. Small size oranges are lower. Apples continue scarce.

PORTLAND

Heavy arrivals of vegetables from California and Texas have relieved the supply situation on the wholesale market and there are many recommended buys on the retail markets. Celery and lettuce receipts have been exceptionally heavy and prices are lower than a week ago. The harvesting of local spinach was curtailed by low temperatures, and since some damage has been reported to the spinach crop the receipts may be lighter during the coming week. Hothouse rhubarb continues to be one of the best spring buys. This rhubarb from the state of Washington is grown under cover and is more tender than field grown plants. The rhubarb comes in three grades choice, fancy and extra fancy...and in three different price ranges, but there is little difference in flavor. Cauliflower is plentiful and prices are reasonable. Rain and frost often affect the quality of cauliflower. If the head is open or not covered with protecting leaves, the flowerets turn yellow or become spotted. For that reason the number one quality cauliflower is more expensive.

In the fruit line-up, oranges continue scarce. Recent estimates indicate that the 1943-1944 orange crop in the United States is likely to be the largest on record. So within the next few weeks as Valencias come to market the situation will improve. Grapefruit receipts from Texas are adequate to fill demands.



Radio Round-up

on food...

For Directors of
Women's Radio Programs

March 25, 1944
San Francisco, Calif.

I N T H I S I S S U E

PLENTY OF EGGS....The hens have done a war production job well, and there is a temporary abundance of eggs. Broadcasters will find enclosed with Radio Round-up three leaflets suggesting methods of preparing and storing eggs. An all out drive is needed at this time to keep fresh shell eggs moving into consumer channels.

* * *

APRIL ABUNDANT FOODS....Moderately large stocks of certain canned goods, raisins and prunes, and a variety of unrationed foods assure the homemaker a wide selection of commodities during the month to come.

* * *

CANNED FISH FOR '44....Beginning July 1, civilians will get about half the expected supply of canned fish....25 percent more than last year. This larger allotment is due to reduced lend-lease requirements and increased production.

* * *

SUGAR FOR CANNING....Home canners will have about the same amount of sugar for putting up fruits and preserves as they had last year. Sugar ration certificates may be obtained from OPA offices by mail.

* * *

DIETS, ARMY STYLE....A soldier gets about five pounds of food every day, except when he is in combat areas and packaged food must be used. Army diets are planned to provide variety, appetite appeal and nutritive value.

* * *

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS

ABUNDANT FOODS...Unrationed foods which will be relatively abundant in most sections of the country during April are white potatoes, wheat flour and bread, shell eggs, macaroni (spaghetti, noodles), fresh oranges and grapefruit, oatmeal, soya flour (grits and flakes), citrus marmalade, canned green and wax beans, rye breakfast foods, frozen vegetables (including frozen baked beans), peanut butter, and dry mix and dehydrated soups. The shopper will find moderately large supplies of raisins and dried prunes. They are now point free.

The reduced point values on canned tomatoes and canned corn make these two items a good buy for homemakers. Canned peas, which have been reduced from 8 to 2 points for a No. 2 can are an excellent point value bargain.

Homemakers are urged to take advantage of the frozen foods that are available too. Your listeners will be glad to hear that substantial supplies of blueberries, plums and prunes are expected to be available wherever there are facilities for handling frozen foods.

CANNED FISH...For the year beginning July 1, 1944 the civilian will get about half the expected supply of canned fish. This means that he can eat about as much canned fish as he did in 1942 and about twenty-five percent more than he did last year.

Canned fish production is estimated to be about ten percent more than it was last year, mostly because of changes in processing technique, and the return of some fishing boats by the Army and Navy. The armed forces need about 5 percent more than they did last year, but lend-lease requirements are a little less. The civilian owes his increased allotment to both the reduced lend-lease requirements and to increased production.

The homemaker's supply of canned fish will be nearly one-half salmon one-fourth pilchards, some Atlantic sea herring, tuna, shrimp, and other fish and roe. She will have about the same amount of fresh and frozen fish as she had last year. Altogether she and her family can eat a generous half pound more fish than they did in 1943.

FRESH PRODUCE BUYS

PORTLAND: Green vegetables are the most plentiful and reasonable commodities on the Portland wholesale market this week. There is an abundance of lettuce, mustard greens, celery, spinach and cabbage. The first field-grown rhubarb is starting to arrive, but it will be some time before there is a supply sufficient to replace hothouse plants. Prices are reasonable. Potato shipments are heavy with prices higher on the Idaho varieties. In the fruit line, orange and grapefruit supplies are moderate with prices unchanged.

SAN FRANCISCO: Recommended buys are broccoli, carrots, cabbage and potatoes. Other vegetables in moderate supply and medium priced are celery, lettuce, rhubarb and spinach. Among the fruits, avocados have dropped in price. Apples and oranges are selling at ceiling prices, except that the smallest sized oranges are lower. Grapefruit is in moderate supply at unchanged prices.

LOS ANGELES: Potatoes, cabbage, carrots, turnips and celery are especially abundant. In moderate supply are lettuce, cauliflower, sweet potatoes, Banana squash, rhubarb, beets, mustard greens, radishes and spinach. Supplies of peas are increasing with the price slightly lower. As for fruits there are plenty of avocados, oranges grapefruit and lemons.

C/O QUARTER MASTER

The American armed forces are the best fed in the world. Mothers, wives and sweethearts needn't worry about their boys. Whether those boys are marching, flying, being carried in trucks, moving in armored columns, riding in amphibian vehicles, gliding across the snow on skis...they're getting the carefully balanced diets that have been planned to provide variety, appetite appeal and all the necessary nutritive values.

A soldier gets about five pounds of food every day, except when he is in combat areas and packaged food must be used. The five pounds consist of one pound meat (poultry or fish), one egg, one pint of milk, three ounces of fats including butter, twelve ounces of grain products and cereals, twelve ounces of Irish potatoes, four ounces of tomatoes and citrus fruits, seven ounces of leafy green vegetables, and twelve ounces of other fruits and vegetables. Added to this, bread, a beverage and desserts are included in each meal.

While he is taking his basic training, a soldier is served regular daily rations as "Field Ration A". Overseas, outside the combat zone, the boys get "Field Ration B". These two rations are very much alike, except that in "B" non-perishable foods must be used. With both "A" and "B" type rations, the quarter-master will serve fresh food available locally, if possible. "A" and "B" rations are both planned thirty days in advance from master menus. A typical daily ration of these types served in mess halls or temporary mess tents, might read like this:

Breakfast: baked apples, dry cereal and milk, fried cornmeal mush, sausage, toast and butter, syrup, coffee.

Dinner: beef steak, gravy, mashed potatoes, fried cabbage, beet and sliced egg salad, bread and butter, pineapple upside down cake, fruitade.

Supper: veal patties, tomato sauce, browned potatoes, parsnips; pea, celery and cheese salad, rolls and butter, butterscotch pudding, cocoa.

Often, however, soldiers are in combat areas, or beyond the reach of facilities to prepare meals like the above. Then they are given packaged field rations, especially planned to meet certain requirements. These special rations are known as "C" "D" "K" "10-In-One", "Bail-Out" and "Life Raft" rations.

Field Ration C consists of previously cooked and prepared food, packed in sealed cans, and this food may be eaten hot or cold. Rations for one day consists of three meat units and three units containing biscuit, confection, sugar and beverage.

Field Ration "D" is used only for conditions of extreme stress. It consists of three four ounce bars of chocolate. This type chocolate bar is also known as the "D" bar, and is temperature resistant to a high degree. It can be carried in climates ranging from 20 degrees below zero to 120 degrees above zero. It contains chocolate, skim milk, sugar, cocoa fat, oat flour, vanillin and 150 International Units of Vitamin B-1 (thiamin).

Field Ration "K" was developed originally for the use of parachute troops, but it proved so effective that now it's given to all troops in the theatre of operations. The "K" ration when packaged, is about the size of a pound box of candy. It contains three units (or three meals), and it's carefully balanced to provide the necessary carbohydrates and vitamins and about 3700 calories. There are a number of combinations contained in the "K" ration package, and the contents of each package is printed on the outside so that a soldier can choose his favorite combination. A typical "K" ration might contain the following: biscuits, condensed graham biscuits, a can of ham and eggs, malted milk dextrose tablets, soluble coffee, sugar and chewing gum. Dinner could provide defense biscuits, condensed graham biscuits, a can of pork luncheon meat or cheese spread, malted milk dextrose tablets, concentrated bouillon and chewing gum. For supper there might be defense biscuits, condensed graham biscuits, a can of cervelat sausage, a two ounce "D" bar, sugar, lemon juice powder and chewing gum. Each "K" package also contains four cigarettes.

The "Bail-Out ration", as its name implies, is designed for army flyers, paratroopers and other men who may have to bail out of planes without other supplies. The "Bail-Out Ration" is a small pocket sized package, weighing only eight ounces. Each one contains small "D" bars, fruit bars, malted milk dextrose tablets, concentrated bouillon or powdered lemon juice, and chewing gum.

"10-In-One Ration" means a day's complete food supply for ten men. It's used usually for details in theatres of operations where field kitchens cannot operate, or when units of men are on the move. A typical 10-In-One Ration contains canned pork and sausage meat, canned tomatoes, dehydrated baked beans, biscuits, pre-cooked cereal, evaporated milk, canned jam, pineapple and rice pudding, canned butter, soluble coffee, sugar and salt. Added to this are enough "K" Ration units for one complete meal for each man.

When bomber crews are forced down at sea they carry "Life Raft Ration". This type of ration supplies needed nourishment with a minimum of thirst. In the package are hard candies, chewing gum, and vitamin pills. One ration can feed five or six men for one day.

Added to all the highly specialized formulas for feeding the millions of men in our armies, new food processes are being constantly developed and new packaging materials being constantly tested. All this should be good news to listeners, giving ample proof that their boys are getting the best.

PEARLS OF SMALL PRICE

The lustrous simulated pearls that add such elegance to madame's ensemble, are made from fish scales. Surprise? Perhaps...but a fine example of conservation in the food industry...almost nothing is wasted.

The manufacture of fish scale essence...it's called pearl essence...is not a product of modern research and manufacture. It dates back to the middle of the Seventeenth Century and a Parisian rosary maker, named Jaquin, who wanted to make more beautiful rosaries. He found that the silvery material so common on the scales of fish gave ordinary beads a luster that closely resembled pearls. He would put the scales in a basin, cover them with water, pour off the water and save it. The process was repeated several times, then all of the water combined and allowed to stand for several hours.

The lustrous particles settled, then the excess water was decanted and the lustrous material that was left was pearl essence. It was a tedious process, since forty thousand fish were required to produce one kilogram of pearl essence. This pearl essence was applied to wax or alabaster beads. No preservative was used, so these early simulated pearls were not waterproof.

For nearly a hundred and fifty years pearl essence was made only in Paris. Then the manufacture spread to other parts of Europe. With the advent of World War I, simulated pearls began to be manufactured in America. From time to time improvements were made. One of the first and most important was the addition of ammonia which serves as a preservative. Later wax was put into hollow glass spheres to make the basic bead, which was then coated with pearl essence. One improvement followed another, until finally the "indestructible pearl", as it is now known, was perfected. This is the simulated indestructible pearl that madame wears today...a solid opal glass bead, coated with pearl essence, and protected with a waterproof lacquer.

This is only one of the examples of conservation in the food industry today...where thousands and thousands of by-products are made from the original plant or animal.

JUICY INTERIM

Canned orange juice and blended orange and grapefruit juice are beginning to appear on grocers' shelves for the first time in nearly two years. Civilian homemakers can look forward to nearly five million cans this year...slightly over half the amount available in pre-war years. The supply of grapefruit juice will flow into civilian glasses in about the same amount as during the past two years.

This is heartening news to the average listener, who has probably heard that canners must now set aside more canned grapefruit and orange juice for government requirements. Naturally the homemaker wonders why she will have a good supply of citrus juices, when the government needs more. Well, the facts are these:

In 1942, the tin that was used to can orange juice and blended juice for civilians, was allocated to other purposes. That is why, in the months that followed, homemakers found that these two juices were harder to find, and finally could not be bought at all. However, on February 11 of this year an unlimited amount of tin was allowed canners for orange juice and blended orange and grapefruit juice, and after army requirements are satisfied there still will be almost five million #2 cans left for civilians in 1944.

The government needs more canned grapefruit juice for the armed forces this year...about 44 percent of the entire output. That will take more from civilians. However, late last year the government released 1 3/4 million cases of canned grapefruit juice for civilian use, and this extra amount will partially replace the increased quantities that are being set-aside from canners production for the armed forces.

Thus, it all balances out. The armed forces will have all they need, and the homemaker will have actually more canned citrus juices for her family.

SWEET STORY FOR HOME CANNERS

Homemakers will have about the same amount of sugar for home canning as they did last year...and they'll get it in about the same way.

First sugar 5 pound dividend to be used for canning may be bought with Sugar Stamp No. 40 in War Ration Book No. 4. In addition...a maximum of twenty pounds more per person...may be applied for at the homemaker's local ration board, at any time after March 23.

This year it is not necessary for the homemaker to wait in long lines at the local ration board. Her whole home canning sugar transaction may be handled by mail. First she sends for OPA Form R-132...which is her application for extra sugar. On this, she gives her name and the names of the persons (at the same address) for whom she is requesting sugar, and the number of pounds of sugar needed. To the form she attaches a Spare Stamp No. 37 from War Ration Book No. 4 for every person whose name is on the application. This is for purposes of identification. If the board approves the application, it will mail coupons or certificates for the sugar to the homemaker. Later she may apply for more, if necessary.

Last year, homemakers added about four billion jars home canned fruits and spreads to the nation's food supply. This year the need is even greater and home canning is more important than ever.

WARTIME NUTRITION

In a talk on "Can We Be Well Fed In Wartime?" given at regional conferences of State Nutrition Committee chairman and executive secretaries recently, Dr. W. H. Sebrell, associate chief, Nutrition Programs Branch, Office of Distribution, WFA, pointed out that...nutrition is one of the few things which concerns all the people all the time. It concerns the well fed and the ill fed. It concerns out armed forces, our industrial workers, our children and our parents.

He said, "We must strive toward the highest health levels which are possible of attainment. Freedom from obvious disease is not enough. The whole range of health levels, from fatal diseases on one hand to buoyant health on the other, is greatly affected by the contribution to all grades of health status. We would not say that good nutrition guarantees good health, but we can say that optimum health is unknown in the absence of good nutrition."

Dr. Sebrell said he could see no reason why, even in wartime, we should not be well nourished "if all of us do our part, if we learn and use the simple facts of practical nutrition, if we use our food wisely, prepare and serve it without excessive loss of minerals and vitamins, and see that our garbage pails remain as nearly empty as possible."

(Correction: In March 4 Round Up a typographical error appeared in the "Fashion Firsts In Fish" story. "United States Department of Agriculture Conservation Bulletin No. 27" should read "United States Department of Interior Conservation Bulletin No. 27".)